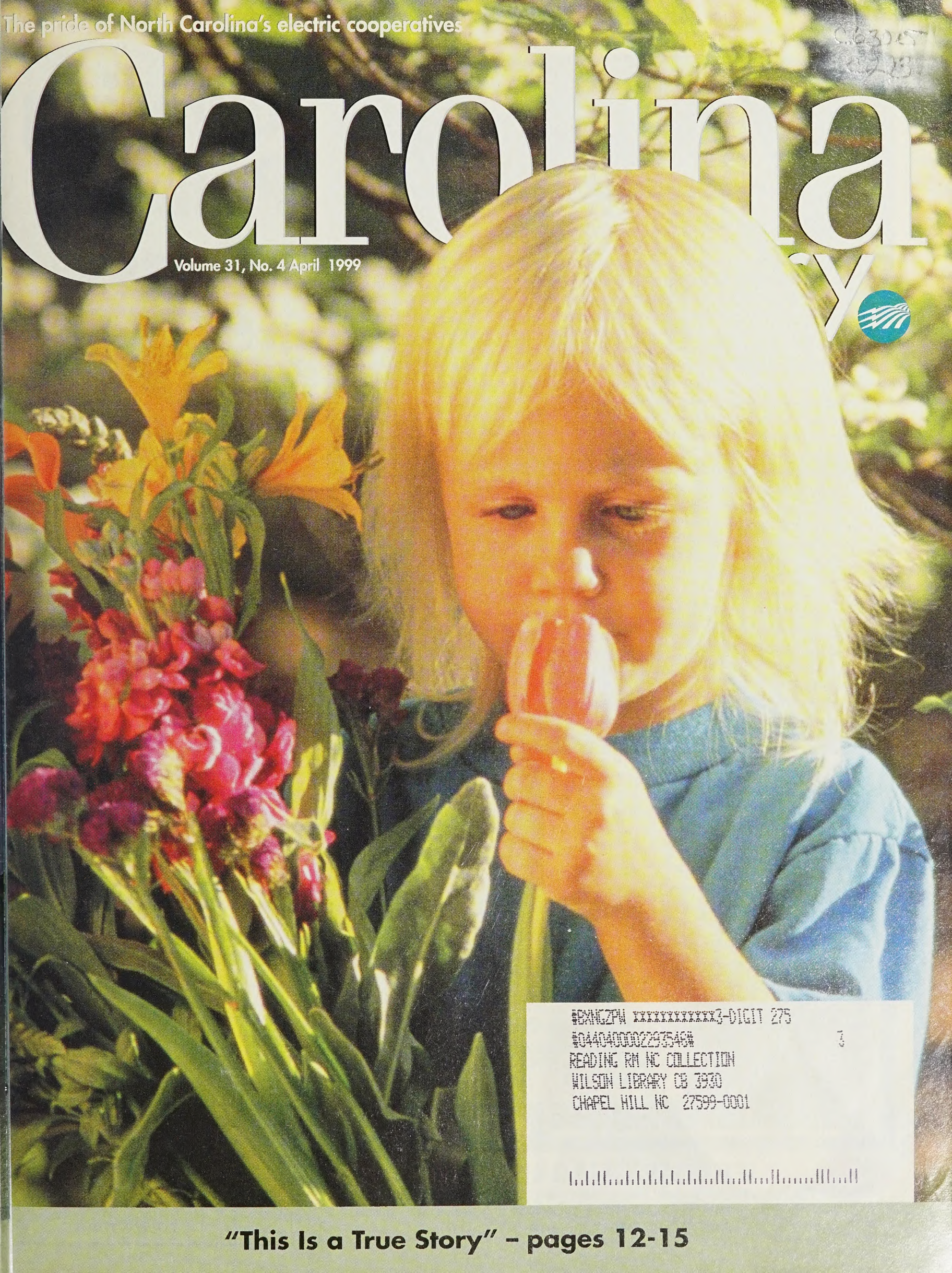




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Carolina

Volume 31, No. 4 April 1999

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"This Is a True Story" - pages 12-15

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Volume 31, No. 4, April 1999

Contents

Features

"This Is a True Story" 12

A selection of what you consider "the funniest story I ever heard." And you're telling us these are true stories?

Tender, Loving Care 18

Nell Perry Bovender reports on a growing network of "adult day services" centers in North Carolina where older people can go during the day for pleasure and assistance.

The Return of the Wild Turkey 21

Randolph EMC is helping to raise the population of this grand old bird in the wildlands of central North Carolina. (Not in all editions.)

Departments

COMMENTARY 6

Owen Bishop pays tribute to the late J.C. Brown, a crusader for electric cooperatives whose career began right here.

MORE POWER TO YOU 8

The Touchstone Energy 300 runs again at Talladega Superspeedway this month. Also: how Jason Suggs helped Brian and Cheryl Philman.

CLOSE-UP 26

Sources for gardeners. Plus: news from Yancey County, Murfreesboro, Union Grove, Stokes County, Mt. Gilead, Charlotte and Seagrove.

CAROLINA COMPASS 28

This month's events, from the mountains to the coastal plain.

ON-LINE 30

How the Internet is changing reading and writing.

JOYNER'S CORNER 32

Who was William Dawes? Plus other revolutionary reports.

MARKETPLACE 33

A showcase of goods and services.

MAKING CENTS OF YOUR ELECTRIC BILL... 38

Programmable thermostats can be "smart."

HANK'S GARDENING GUIDE 40

How to manage gardening fever.

CLASSIFIED ADS 41

CAROLINA KITCHEN 42

Tangy Pork Chops.



On the Cover

A portrait of Caitlin Burkill on a springtime visit to Sarah Duke Gardens in Durham. (Photo by Bill Russ, N.C. Division of Tourism, Film and Sports Development)

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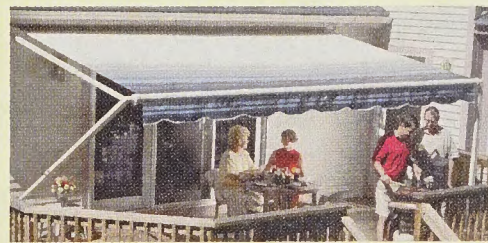
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Acutely perceptive

"Joyner's Corner" by Charles Joyner is always a very interesting and amusing part of your magazine. I have a question concerning the "Poles Apart" cartoon featuring Percy P. Cassidy. Is that name not a take-off on the word "perspicacity," which means "having keen judgement or understanding; acutely perceptive"?

Keep up the good work.

Lynn R.
Bernhardt
Lenoir

Mr. Joyner replies:
"Pers" is pleased to number Mr. Bernhardt among his perspicacious readers.



Looking good makes a difference

Please consider an ongoing campaign in your fine magazine to eliminate litter in North Carolina. You know the conditions of the road shoulders in this state. You drive a car, and you see litter everywhere. If the people of an area are judged by the conditions of their homes and surroundings, then all of North Carolina must present a very poor appearance to any prospective business or developer.

Richard R. Robinson
Washington

J. C. Brown inspired us all

By Owen Bishop

When J.C. Brown Jr. died unexpectedly in February, the nation's rural electric program lost one of its most devoted advocates.

Although he had retired in 1993 after nearly 40 years in the program, he never stopped leading the cheers on behalf of the cause he had claimed as his own when he became editor of *The Carolina Farmer* magazine (now *Carolina Country*) in 1956.

He recalled those early days of his career in a "farewell" column he wrote for a National Rural Electric Cooperative Association (NRECA) newsletter just before



Owen Bishop

he retired as the organization's manager of publications.

After signing on with the North Carolina publication, he wrote, it "didn't take me long to realize that I had found more than a job. I had found a cause."

A Gainesville, Fla., native, he was reared in Waynesville. After serving in the Navy during World War II, he attended Duke University and was graduated from the University of North Carolina in 1950. He began his journalism career as news editor of the *Elkin* (N.C.) *Tribune* and later served for four years as a communications specialist with the Division of Agricultural Information at N.C. State College.

In September 1956, Brown was named editor of *The Carolina Farmer*. He served in that post until 1961, when he became a government affairs specialist with NRECA. A year later, he returned to Raleigh to serve as general manager of North Carolina's statewide co-op organization. In that role, he led the co-ops' successful campaign in the General Assembly to establish assigned service territories for the co-ops and the investor-owned power companies. In 1973, he resumed lobbying work for NRECA and assumed his publications duties there the next year.

The heart attack that ended Brown's life at age 71 also took a toll on his many colleagues. As one of them, I know our fraternity has lost an enduring source of inspiration who helped us "fight the good fight" on behalf of the co-ops and their consumer-members across the country.

As an advisor to co-op communicators, J.C. argued that this program can stand on

its own merits but it's our job to tell the truth of those merits. He instilled that philosophy in me and hundreds of other communications professionals through his work with the rural electric statewide publications like *Carolina Country* and a national certification program for rural electric communicators. These efforts undoubtedly raised the standards for excellence in all co-op communications endeavors.

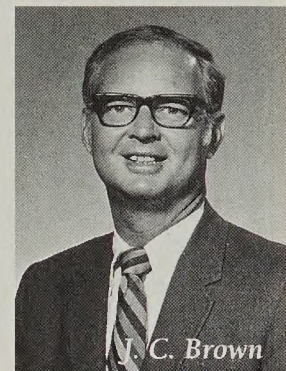
Whenever possible, J.C. insisted, we must tell our story in human terms that can touch the hearts of our audiences. We must listen to the program's beneficiaries, he said, and let their voices speak through our work.

The importance of this principle had hit home with him during an incident that occurred when he was editor of *The Carolina Farmer* magazine. Describing it in his "farewell" column, he wrote about visiting new members of a co-op in eastern North Carolina. Jones-Onslow Electric Membership Corporation, Jacksonville, was preparing to extend power lines to the family for the first time. The co-op had followed the same procedures co-ops had used since 1935, getting the family to sign up as co-op members and obtaining a loan from the Rural Electrification Administration to build the lines.

But on this occasion, J. C. was there to take pictures and write about "the day the lights came on" for this family. Just before he left, he had a quiet encounter with the woman of the house that he described this way:

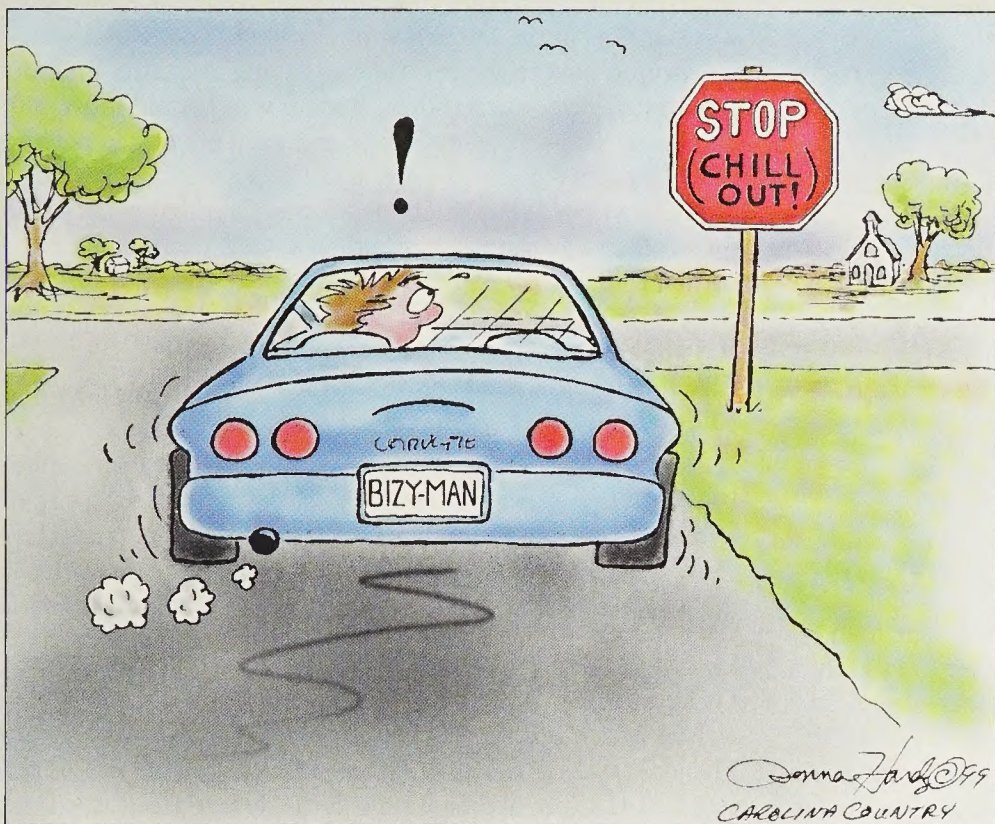
"The woman-of-the-house looked to be in her early 40s, and she beckoned me shyly back into her kitchen after the co-op officials had gone on ahead to their cars and trucks. Carefully, she retrieved a new electric iron from a cabinet. She looked at it like it was a precious, fragile jewel, and asked me to show her how to use it. Never in her life had she used an electric iron. That, more than the washer or the freezer or the radio, was what electricity meant to her. REA? REA was not a federal agency. It was an electric iron."

Owen Bishop is manager of special projects with the North Carolina Electric Membership Corporation and a contributor to *Carolina Country*. He and J.C. Brown began their professional association with one another when Owen joined the *Carolina Country* staff in 1973.



J.C. Brown

Light Lines by Donna Hardy



Right-side up

It is a sad statement about this state to read in your publication that people from North Carolina can't fly their own flag right-side up [Commentary, February 1999]. Forget about which color is on top, your state flag has writing on it! The writing should be right-side up. I thought the letter from Craig Saunders to be a joke until I saw a North Carolina flag flying upside down at the Elks Lodge in Statesville. Now when people make jokes about my former state of Arkansas, I don't feel so bad.

Tom Rathke
Statesville



Corrections

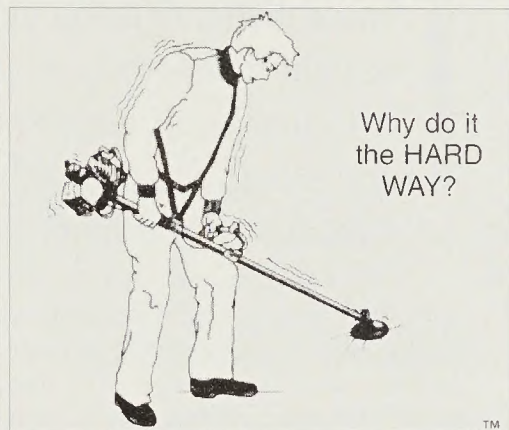
E-mail for Congressman Jones

Because of inaccurate information supplied to Carolina Country, the e-mail address for Congressman Walter B. Jones Jr. published in the March magazine was incorrect. The correct address is congjones@mail.house.gov

Calling Grandma's kitchen

Because of inaccurate information supplied to Carolina Country, we published an incorrect phone number for the cookbook, "The Aroma & Memories of Grandma's & Mama's Kitchen," by Louise K. Nelson [Close-Up, March 1999]. The correct number is (828) 456-3760.

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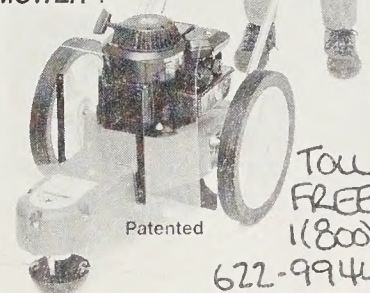


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Jason Suggs, meter reader, kept the Philman family calm

It was a matter of being in the right place at the right time for Jason Suggs, but for Union EMC members Cheryl Philman, her husband, Brian, and their three-year-old daughter, Christina, it was much more.

On a cold December morning Jason Suggs, a meter reader for Union Services and Telecommunications (a subsidiary of Union EMC), was on his regular route in the Union County subdivision of Suburban Estates. He rounded the corner of one home and was startled by a young woman who appeared panicked. It was Cheryl Philman pleading for help.

It had been a busy morning for the Philman family. Cheryl was getting Christina ready for daycare and herself for school at Central Piedmont Community College while her husband slept. Cheryl led Christina to the car, opened the driver's side door and put her purse and keys in the front seat. She then opened the back door to adjust Christina's car seat. Meanwhile, Christina had climbed in the front seat and innocently pushed the door lock.

"I put her in her car seat and shut the door so I could go back in the house to get something I'd left," Cheryl remembered. "On my way, I shut the driver's side door, too, and to my shock all the doors locked with Christina inside. Trying not to panic, I ran inside to wake my husband."

"I don't like to wake him up quickly," she continued. "Brian has a history of epileptic seizures and normally his morning rou-

tine needs to be calm." This particular morning, Cheryl had no choice but to get his help fast.

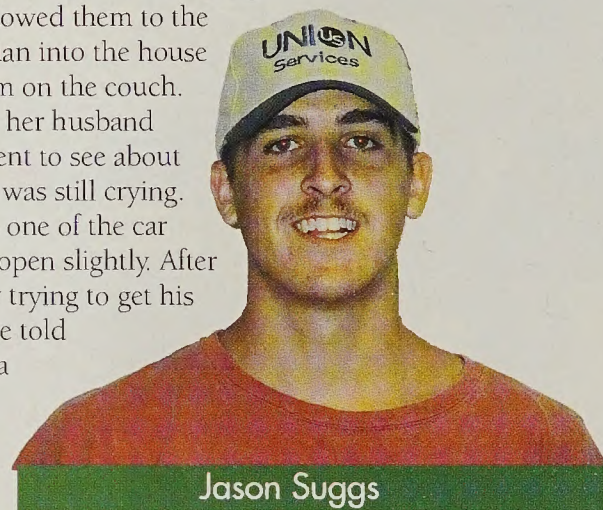
Brian hurriedly put on his clothes to assist with Christina, who was crying in the car. Cheryl recalled, "Brian went to the car to decide how to get Christina out. I went back inside and was standing at the kitchen window when I saw Brian lying on the ground next to the car. He was having a seizure. I ran outside to help and realized there was no way I could move him by myself. The cold temperature and excitement had been too much for him."

Cheryl ran to her neighbor's home. On the way back, the two women ran into Jason rounding a corner. He followed them to the car, carried Brian into the house and placed him on the couch. Cheryl helped her husband while Jason went to see about the baby, who was still crying. Jason saw that one of the car windows was open slightly. After unsuccessfully trying to get his hand inside, he told Cheryl to call a locksmith.

Luckily, help arrived fast.

The locksmith used a special tool to unlock the door to free Christina. Meanwhile, Brian's seizure was under control.

"He stayed with us through the whole ordeal," Cheryl said about Jason. "He was such a gentleman and even stopped by the next week to check on us. Most people don't go out of their way like Jason did. We really appreciate what he did for us."



Jason Suggs

The Year 2000

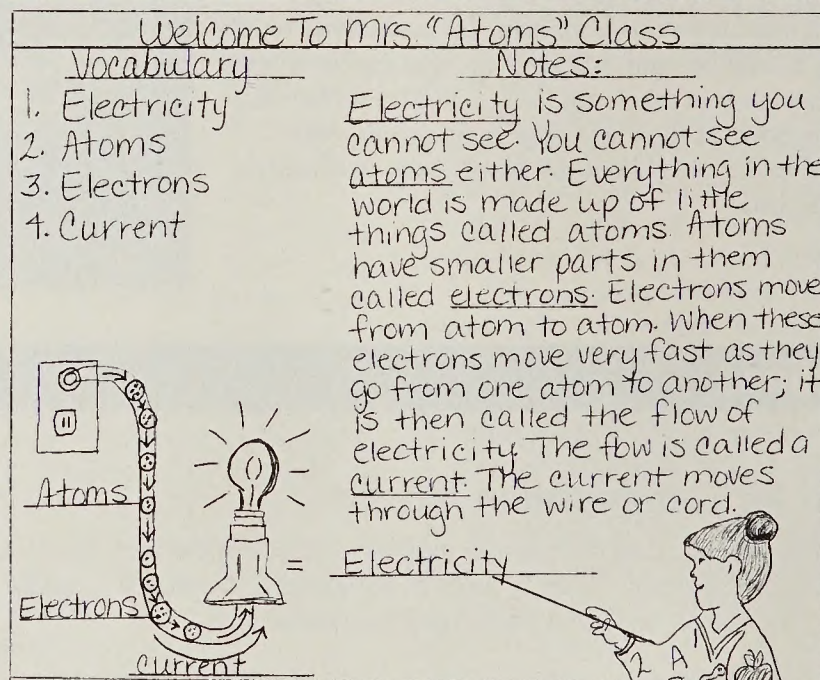
FEMA offers a free guide to Y2K preparations

The Federal Emergency Management Agency (FEMA) has issued a consumer's guide to preparing for the Year 2000, the "Y2K Bulletin."

FEMA Director James Lee Witt said, "We need to take the same approach we use with hurricanes, tornadoes or floods - prepare for the worst and hope for the best."

The "Y2K Bulletin" contains answers to questions most commonly asked about Y2K, what to do about consumer electronic products, including your personal computer, and steps for small-business owners to take, among other topics.

Single and multiple copies of the four-page newsletter are available at no cost from FEMA. To place an order, call 1-888-261-6214.



By Melissa Culler
Elkin
(Surry-Yadkin EMC member)

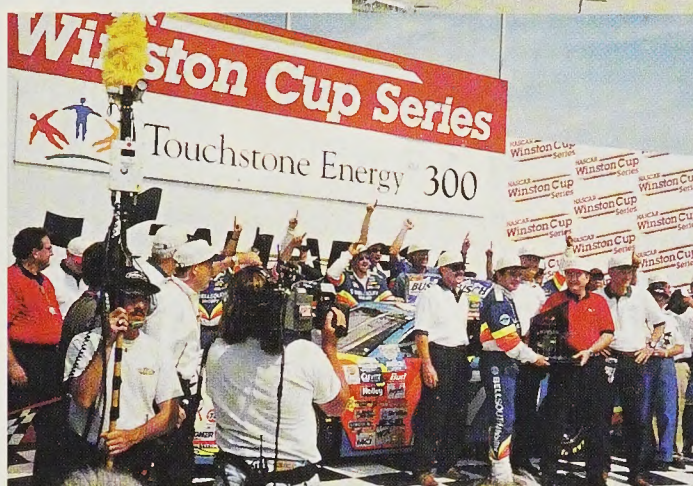
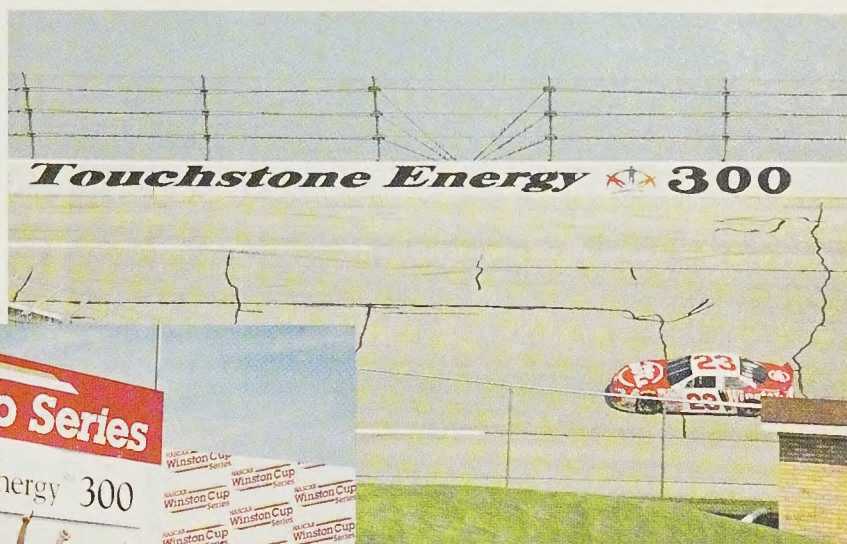
Start your engines...

Touchstone Energy 300 runs at Talladega April 24

For the second year, Touchstone Energy® will sponsor the 300-mile NASCAR Busch Series event at Talladega Superspeedway in Alabama on April 24. The Saturday Touchstone Energy 300 precedes the April 25 DieHard 500 NASCAR Winston Cup Series race.

Touchstone Energy is a nationwide alliance of consumer-owned cooperatives, including North Carolina Electric Membership Corporation and many of North Carolina's electric cooperatives. Endorsing the Touchstone Energy brand, the alliance commits itself to providing superior service at affordable rates to consumers, large and small, and to the communities they serve. Touchstone Energy partners embody "The Power of Human Connections" by providing enhanced services and resources while maintaining a commitment to integrity, accountability, innovation and community awareness. More than 530 Touchstone Energy partners nationwide represent some 12 million consumers in 36 states.

The NASCAR Busch Series has competed at the 2.66 mile Talladega track since 1992. Winners have included Ernie Irvan, Dale



Joe Nemechek and his team won the Touchstone Energy 300 last year.

Touchstone Energy sponsors the Busch Grand National Series race at Talladega on April 24.

Earnhardt, Ken Schrader, Chad Little, Greg Sacks, Mark Martin and Joe Nemechek, who held off Phil Parsons by a tenth of second to win last year's Touchstone Energy 300.

Touchstone Energy in February sponsored the PGA's Tuscon Open. This year marks the 30th for the Talladega Superspeedway, the biggest and fastest motor speedway in the world. Tickets for the Touchstone Energy 300 are \$45. The race begins at 2:30 p.m. and will be televised on ABC-TV and broadcast on the MRN radio network. For more information, call the speedway at (256) 362-7223.

Chamber of Commerce names Ron McElheney "Man of the Year"

The Greater Jacksonville/Onslow Chamber of Commerce recently selected J. Ronald McElheney of Jones-Onslow EMC as its 1998 Golden Eagle Man of the Year.

As executive vice president and general manager of the EMC, McElheney said, "I have to accept this award on behalf of the Jones-Onslow board of directors. They truly understand the importance of being involved in the community and giving back to make this a better place to live, work and raise a family."

A leader in the community for many years, McElheney has promoted education, economic development and a better quality of life. He is on the Coastal Carolina Community College board and chairs its Finance Committee. Under his guidance, the cooperative has provided scholarships to high school and college students and started the Bright Ideas Grant Program for local educators. In addition, Jones-Onslow was recently recognized as a Hall of Fame sponsor of the Chamber's BASES Program.

As a member of the Onslow County Economic Development Commission, McElheney's "can do" attitude played a vital role in attracting several employers to the area, including Omega World Travel, Ravens Metal Products, AT&T Solutions and Tiara Yachts. Under his leadership, the cooperative has also supported the recent efforts of Bettering Our Local Downtown in Jacksonville.



On behalf of Jones-Onslow EMC and the communities it serves, Ron McElheney (right) visited state Sen. Luther Jordan Jr. in Raleigh in February. Jordan represents Jones, Lenoir, New Hanover, Onslow and Pender counties.

McElheney is well known for his dedication to upholding the relationship between the area's civilian and military communities.

In the electric cooperative network, McElheney chairs the Executive Committee for the 26-member statewide corporation and is active in preparing the cooperatives for pending changes in the industry.

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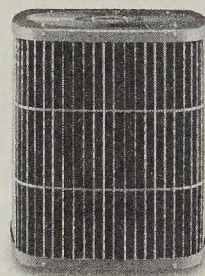
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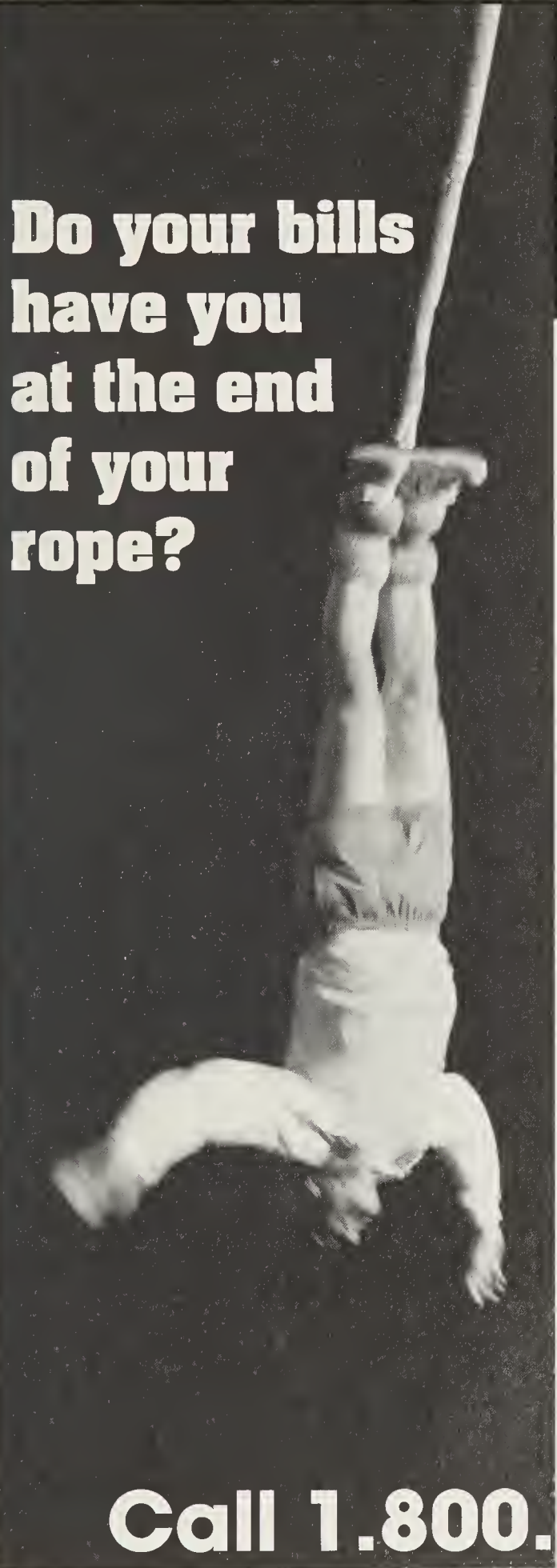
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Some stories you just know you'll never forget, especially funny ones. Maybe it's an incident you experienced or something you read or heard someone tell. Maybe it involves a person whose image stays with you, so that every time you think of that person and the story you begin to laugh. Funny stories about family members turn into longstanding legends. You tell these stories over and over again, and each time you laugh just as hard as when it first happened or when you first heard it.

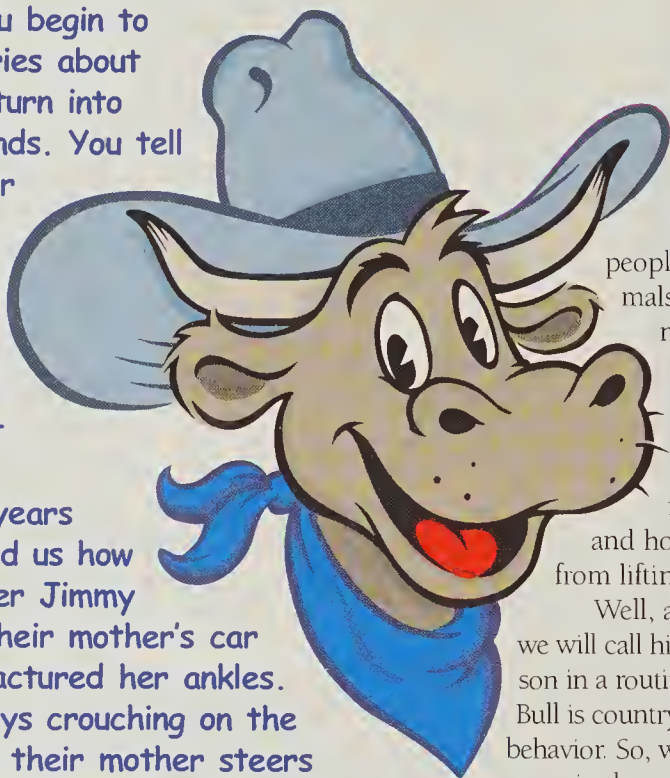
I remember years ago Paul Vogel told us how he and his brother Jimmy as kids "drove" their mother's car when she had fractured her ankles. I see the two boys crouching on the floorboards while their mother steers and calls out, "OK, Jimmy, let up on the gas! Paul, push in the clutch pedal! OK, Paul, let it up!" And it's mainly because I remember just how Paul told it and how each of us envisioned the scene in the car.

Here are some stories you sent in as "the funniest story I ever heard." We received more than 250, and the judges could only select a few. Maybe some day we can find a way to publish more of them. Thank you all for generously sharing your stories.

Next month, we'll publish stories on "the finest road I've ever been down," as part of our annual touring guide to the North Carolina countryside. (The deadline for those stories was March 15.) See page 15 for the remaining 1999 themes.

-MG

"This is a true story"



Bull's tale

Down on the farm there is a well-known trick we cow people know that helps us work with, shall we say, frisky animals. Sometimes the cow, when we try to milk her or vaccinate her or do any of various other procedures, will choose to shift from side to side or lift a foot to plant a swift kick to any part of a human that is close enough. That is where "tailing her" comes in handy.

To tail a cow, you grab hold of her tail about eight inches down and turn it straight up and over her back and hold it there firmly. If done correctly, this prevents the cow from lifting that kick.

Well, a short while ago, a young, exuberant employee of ours — we will call him "Bull" for short — was eagerly assisting my husband and son in a routine vaccination of skittish 12-month-old heifers. Although Bull is country through and through, he was not yet very learned in cow behavior. So, when the animal started kicking and threatening injury to anyone in the way, Barry yelled out to Bull to "tail her."

Always eager to please, Bull ran around in front of the cow and in his animated manner he asked, "What do I tell her, what do I tell her?"

Maryjane M. Myers

Union Grove

EnergyUnited member

In person

When I was growing up in Charlotte, my grandparents, Ernest and Ruth Agner, and my family attended the same church.

Mawmaw and Pawpaw were both fun, busy and approachable. Mawmaw was beautiful and had a lovely smile. Pawpaw had pure white hair and merry blue eyes behind his glasses.

Pawpaw helped out every Sunday with Sunday School — taking attendance, collecting the offering, counting the money and other duties.

One Sunday, Pawpaw took the collection plate around to the classrooms as usual. As he entered one room, the teacher said, "Let's give our offering to Jesus."

Pawpaw waited while each child dropped in their coins. When the plate returned to him, Pawpaw turned to leave, and one of the children called out, "Bye, Jesus!"

Susan M. Jones

Lexington

EnergyUnited member

Brain food

This is a true story about our beautiful granddaughter, Kari Elizabeth Galliher, who was a rising senior at North Iredell High School. She is a person anyone would be proud to claim and she can find mischief to get into that hurts no one but is hilarious.

Anyway, she finds school not to be all work and no fun. She was in biology class, and students were well on their way dissecting a sheep's brain. Kari had a jellybean in her mouth, so she plopped it into the brain that they were dissecting. Along came the teacher, who noticed what she thought was a tumor in that sheep's brain.

Well, Kari just kept a straight face and didn't say that it was a jellybean. Her teacher was so excited and called in other teachers to observe the "tumor." They were so excited.

Kari got the chance to remove the "tumor," which had all of them wondering how the "tumor" had disappeared. Kari finally got courage to confess to what she had done, and I'm sure that it took courage. (She must have gotten it from her Grandmother.)

Esther A. Crosby
Statesville
EnergyUnited member

That's my baby

Marilyn Guyer, communications teacher at Central Middle School in Surry County, asked her sixth, seventh and eighth graders to write "The Funniest Story I Ever Heard" as a class assignment. This was one of them.

It was Christmas 1989. I was three years old and excitedly anticipating my theatrical debut in the church Christmas play. We had recently moved into the area and were new to the church. I was playing an angel and my new friend, Lindsay, was playing Mary.

My mother had loaned my favorite doll, "Emma," to be used as Baby Jesus, though she didn't tell me.

That night we proudly took our places on stage. My angel wings were intact, and my mother was relaxed, seeing that things were going well.

As I eased my way to the manger I leaned over Mary's shoulder and was shocked to see my Emma doll in there. A hush fell over the crowd as Mary was about to say her first line.

"No!" I yelled. "That's my baby!" And I scooped Baby Jesus from the manger.

Mary, shocked and upset, grabbed Emma from me and cried, "No! It's Baby Jesus!"

Then came a dramatic tug-of-war.

While the other angels began to sing to divert attention, Mary and I only yelled louder. Suddenly, I let go and watched Mary tumble to the ground and the doll land safely back into the manger.

Emily Steinbaugh, 7th grade
Dobson
Surry-Yadkin EMC family

In the bag

Miss Sudie and Miss Precious, lifelong friends, live in a small North Carolina town. Both are widows and 70 something, although neither would admit to being a day over 60. They breakfast daily at Shoney's.

One day, as Miss Sudie backed the car out of the shed, she drove over her granddaughter's Persian cat. Knowing they couldn't leave the dead cat in the driveway, they decided to wrap it in plastic bags, double bag it in paper bags, and put it into the car's trunk, then head for Shoney's. After breakfast, they would take the cat to the veterinarian for disposal.

Upon arriving at Shoney's, they realized the January morning was unseasonably warm, so the ladies were afraid the dead cat would begin to stink in a hot trunk. They decided to leave the bag outside on top of the car's trunk, instead.

During breakfast, they noticed a woman approach their car. The woman cautiously picked up the bag and walked into Shoney's. The ladies were horrified, but they anxiously observed the "bag lady" while she ordered.

Curiosity got the better of the "bag lady." She opened the bag, peered inside, screamed, fainted and slumped in her chair.

Miss Sudie and Miss Precious smiled and said to each other, "Deserves what she got."

The manager called 911. The restaurant became a beehive of activity. Miss Precious eventually explained the whole story. No one went to jail or the hospital. The "bag lady" said she was sorry and cured of curiosity.

Valerie Slogick
Mocksville
EnergyUnited member

There's Fannie

I am nine years older than my sister, Fannie. When we would babysit together, she told me that she would like to look like me when she grew up. We did look somewhat alike.

A few years ago she moved to Asheville, and we have been able to visit more often. One day, my husband, Floyd, and I went to Asheville shopping. We were in a large store, and I glanced across the room and said, "There's Fannie." I waved to her and she waved back.

We proceeded across the floor, looking at merchandise as we went, and when we reached the other side of the room, I started beating on my husband and laughing uncontrollably. I stammered and muttered and laughed until I finally got him to understand what I was saying. Then he started laughing uncontrollably.

A clerk walked up to us and asked, "What's the matter?"

After a few tries we finally were able to tell the clerk, and she laughed hysterically, too.

It wasn't Fannie I had seen. I waved to myself in a mirror.

Louise K. Nelson
Waynesville

(Ruth Smith, a member of Haywood EMC, shares her magazine with her sisters, Louise and Fannie.)

Hard of hearing

Many years ago I was a salesman for a chemical company. My wife, young children and I lived in Atlanta. I had been in the "field" three or four years and had been quite successful. My company sent a young man down to travel with me for a few days as part of his training program.

On the morning when I was to pick him up at the airport, my wife suggested we come back to our house and she would have lunch prepared. I told her that would be fine. We would make a few calls then be there for lunch. I then told her, "The young man's name is Earl. I met him at our home office. He is just a super young man and very handsome. You will enjoy meeting him. But I must tell you that he has a slight problem. He is extremely hard of hearing and will not wear a hearing aid. You must talk very loud so he can hear you."

I picked up Earl and, later, as we were on the way to my house, I said, "Earl, I think you will enjoy meeting my wife and having lunch. She's a great cook. But I must tell you, she is extremely hard of hearing and will not wear a hearing aid. So you must talk very loud so she can hear you."

Of course, both of them had perfect hearing.

When we arrived home, they both started talking extremely loud, practically shouting. This went on through lunch and for some time later. I thought I would have to go outside to keep from laughing and also to get away from the noise.

Eventually, our young daughter woke from her nap and gave a slight whimper in an upstairs bedroom. Both my wife and Earl heard her. When they realized that the other heard the baby, they fixed a stare at me that could kill. Then they burst out laughing.

Bill Rhymes

Shelby

Rutherford EMC member

Guarding the hen house

As a school principal in rural North Carolina, I have heard nearly every excuse for a student's being late for school, but Arnold's topped them all.

He came into my office looking somewhat tired and bedraggled, but anxious to explain his nearly one hour tardiness.

"Our chickens have been disappearing," he said. "And Pa made up his mind to put a stop to it. But nothing happened for several nights. Then last night about 3 o'clock, Pa got me and Ol' Blue and his shot gun, all cocked and loaded, to go out with him to the chicken house to see what was going on."

He went on. "Well, Pa sleeps in his birthday suit, and as he bent over to go into the chicken house Ol' Blue cold-nosed Pa where he didn't expect it. Both barrels went off. Ever since then we've been up a-cleanin' and a-pickin' more than 50 chickens. I missed the bus and had to walk 3 miles to school."



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As I handed him his "Excused" slip, he muttered, "I sure hope we don't have no chicken for lunch this week."

Clarence Holden
Winter Haven, Fla.
Haywood EMC member

Crawl!

My Grandpa, Oscar Moxley, once tore down an old wire fence that he planned to rebuild.

Later, when he and several other men in the neighborhood went fox hunting at night, they passed through the area where he had torn down the fence. Grandpa would walk in front and pretend to hold up the fence for them to crawl under while he held the flashlight pointed at the ground. These grown men crawled on their hands and knees under this imaginary fence for months before they discovered Grandpa's prank.

I will never forget my fun-loving Grandpa, and I'm sure his neighbors won't either.

Ellen Sturgill
Piney Creek
Blue Ridge EMC member

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When they choose a selection for publication, judges seem to like stories that are clearly expressed, from the heart, and full of North Carolina character. (Most of those we receive have some or all of these qualities, so choosing a few is difficult work.)

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The 1999 Themes

June
The Finest North Carolina Music I Ever Heard
What makes it so?
Deadline: April 15

July
The Finest Safety Lesson I Ever Learned
This can help others.
Deadline: May 15

August
The Finest School Teacher I Ever Knew
Any school.
Deadline: June 15

September
The Best Story About a Country Fair
Where was it and what happened?
Deadline: July 15

October
The Finest North Carolina Photo
N.C. people or place, color or B&W.
Deadline: August 15

November
My Favorite Holiday Memory
Any holiday.
Deadline: Sept. 15

December
What We Can Do in 2000?
Your advice for the new year.
Deadline: Oct. 15

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23	---	---	13.30	12.07	22.75	19.68	38.50	32.37
24	---	---	13.30	12.07	22.75	19.68	38.50	32.37
25	---	---	13.30	12.07	22.75	19.68	38.50	32.37
26	---	---	13.38	12.16	22.96	19.90	38.93	32.81
27	---	---	13.47	12.16	23.18	19.90	39.37	32.81
28	---	---	13.56	12.25	23.40	20.12	39.81	33.25
29	---	---	13.65	12.25	23.62	20.12	40.25	33.25
30	---	---	13.65	12.33	23.62	20.34	40.25	33.68
31	---	---	13.73	12.33	23.84	20.34	40.68	33.68
32	---	---	13.82	12.42	24.06	20.56	41.12	34.12
33	---	---	13.91	12.42	24.28	20.56	41.56	34.12
34	---	---	14.00	12.51	24.50	20.78	42.00	34.56
35	---	---	14.26	12.68	25.15	21.21	43.31	35.43
36	---	---	14.70	12.95	26.25	21.87	45.50	36.75
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47	---	---	26.16	20.38	54.90	40.46	102.81	73.93
48	---	---	27.82	21.35	59.06	42.87	111.12	78.75
49	---	---	29.57	22.40	63.43	45.50	119.87	84.00
50	---	---	31.50	23.62	68.25	48.56	129.50	90.12
51	---	---	33.86	25.02	74.15	52.06	141.31	97.12
52	---	---	36.48	26.60	80.71	56.00	154.43	105.00
53	---	---	39.63	28.43	88.59	60.59	170.18	114.18
54	---	---	43.48	30.62	98.21	66.06	189.43	125.12
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Vivian Wellons assembles a crafts project with help from Ernestine Lewis at the Creative Choices Adult Day Center in Goldsboro.

Text and photo by Nell Perry Bovender

Cynthia Starling begins her day early enough to prepare two people for the day ahead.

"Here's your toothbrush. Here's the toothpaste. Put the toothpaste on the brush. There. That's it."

"Here's your washcloth. Here's the soap. Now wash under your neck. No, your neck. That's it."

"Here's your shirt. Put your arm in the sleeve. There. That's it."

We all know the exasperation of getting a preschooler ready for the day, right?

But Cynthia Starling, 28, isn't helping her child get ready for school; she's helping her mother, Vivian Wellons, 58, who has Alzheimer's disease. Her mother is a widow who worked in a day-care center until two years ago when her memory loss began to pose a risk. She couldn't remember things parents told her or things to tell parents at the end of the day. Without a job, Vivian's day lost its structure, and the impairment became more acute. Doctors recommended constant supervision.

Vivian's daughter, Cynthia, had a husband and job of her own. Her son, Wiley, only 19 at the time, was barely out of high school, juggling college and a part-time job. So Cynthia worked out a schedule with friends, relatives and in-laws willing to sit with their mother while they went about their school and work activities.

"That worked fine," Cynthia says, "until the sitters got sick or had emergencies of their own. Then all our plans fell apart."

The answer to this particular family's prayer came along last October when Creative Choices Adult Day Center opened its doors nearby in Goldsboro. Creative Choices provides day care for older adults who need supervision or simply socialization during the day.

Now Vivian Wellons has daily supervision and stimulation. And her children Cynthia and Wiley have their own lives during the day.

Real family support

Adult day care is a steadily growing community service in North Carolina, according to figures from the N.C. Division of Aging — from 19 centers in June 1983, to 57 centers in June 1987, to 74 centers in June 1993, to 106 centers in early 1999.

And while centers first sprang up in the more populated urban areas, they are now opening their doors to the more rural families of the state, thanks in part to start-up grant money from the state legislature and leadership within an industry that sees an overwhelming need.

In many ways, it's an invisible need, says Teresa Johnson, executive director of the N.C. Adult Day Services

Association. People don't pay attention until they have a crisis in their own families.

The details of each family situation is different, but most clients of adult day services live with adult children and their primary diagnosis is memory-impairment. Others are struggling with isolation, inactivity and depression, or they need help taking their medicine, fixing meals and getting dressed each day.

"Adult day services provide respite for caregivers," Teresa Johnson says. "It allows the caregivers to assume more of their former role of daughter or son, as opposed to constantly providing care to their parent. Some centers offer weekend respite so that families can go out to a movie — re-affirming their own identity of family, outside of caregiving."

The day services center meets an equally important need for the older adults, she says. "It gives them a sense of purpose to get up, get dressed and go to the center, if only for a few hours. That process itself is stimulating. At the center, they establish new relationships, new friendships. They can sit at the dinner table each evening and talk about their lives. It makes them a link in the family network. It's really like a normal life, in that regard."

One of the state's first model centers was Tarboro Adult Activity Center, founded with seed money from the Older American's Act in 1974. Jean Washington is its executive director today. The center serves 20 clients and has a waiting list.

"Some of our clients are being cared for by family members who have many, many obligations," she says. "They're working and have children of their own. The family can provide a lot of services — getting the older adult's medicine, getting him or her to the doctor — but they cannot leave the relative home alone. Here, they are well-taken care of. We can ease the family's mind and give them the confidence to go out and do what they need to." Then there are clients whose families cannot or do not help, she added. In those cases, the center staff provides transportation to doctor's appointments and picks up medications at the drug store.

"Some clients live alone," Washington says, "and can take care of themselves to some degree. But they are isolated." This center, and others like it, provide social interaction, a hot meal and plenty of activities — enough to tire a younger soul. Checkers, bingo, cards. A library of books and other reading material. Trips to com-

munity events. Outside speakers. Exercise class. Music class.

Adding quality to later years

"Instead of the fast downward slide that affects many older adults who become isolated," Washington says, "these clients stay aware and active longer. This keeps their quality of life high and sometimes increases their quality of life."

These centers fill a huge need, Washington adds. "Because the population is aging at such a rapid rate, we need alternatives to nursing homes. Too many older adults who really don't need nursing end up there."

That's exactly how Susie Stanley, a nurse, got interested in starting the Goldsboro adult day center. Her own mother needed full-time care at age 64 due to complications from respiratory disease and diabetes. Her doctor recommended a nursing home.

"But my mother didn't need 24-hour-a-day nursing care," says Stanley. "Her mind was sharp. She could dress herself, feed herself, toilet herself. She was on oxygen and needed someone nearby. It was unthinkable on our part to move her to a nursing home."

She kept thinking: "There needs to be an alternative," filing the idea away as she and her siblings took turns caring for their mom until her death four months later. But her idea of an alternative kept coming back. Friends and co-workers kept running into the same situation — parents or older relatives who needed help getting through the day but who otherwise could live on their own or with their children.

Once she heard of adult day services, Susie Stanley knew she was onto something.

North Carolina has been among the leaders in developing adult day-care standards, led by the Adult Day Services Association, says its director Teresa Johnson. Standards are based on those developed for the child-care industry.

There are two types of centers — one licensed to offer activities related to socialization, the other to provide some nursing services, such as monitoring blood pressure, checking blood sugars or overseeing clients on oxygen.

"This is where rural communities can best meet the needs of its older residents," says Jean Washington at the Tarboro Center. "This is the wave of the future."

Adult Day Services Information

The average cost of adult day services is \$40 a day, according to a 1997 survey of adult day centers sponsored by the professional association. Most fees are paid privately, although some reimbursement is available to qualified clients from Social Services, Veterans Administrations or state funds.

When centers were first opened, many were affiliated with local councils on aging or churches. Almost half of the centers today, however, are private, non-profit businesses. A few are affiliated with hospitals, long-term care centers or other health-care entity.

Most day service centers still operate in facilities owned by other entities, such as churches or senior centers, although outside metropolitan areas, the majority are free-standing. Creative Choices, for example, operates in a renovated ranch-style home about a mile from Wayne County Memorial Hospital.

Centers generally open at 7:30 a.m. and operate until 5:30 p.m., although hours of operation vary, depending on the needs of clients. Some offer regular Saturday respite services for families.

Although most centers are certified for 30 participants, many operate with 15 to 20 each day.

For information about North Carolina adult day services or facilities in your area, contact Teresa Johnson at the N.C. Adult Day Services Association, 5008 Northriding Court, Fuquay-Varina, NC 27526. Phone: 919-552-0254.

Nell Perry Bovender is a free-lance writer who lives in Rutherfordton.

"Storm Clouds Over Buxton"

An original painting by Linda Browning of Hatteras Island. Linda and Lou Browning own Browning Artworks Ltd. on the Outer Banks. The gallery showcases North Carolina art and fine crafts, representing 200 ceramic artists, glassblowers, weavers, photographers, jewelry designers and painters. Visit the gallery on Hwy. 12 in Frisco. Contact Linda Browning at Box 275, Frisco, NC 27936. Phone: (252) 995-5538.

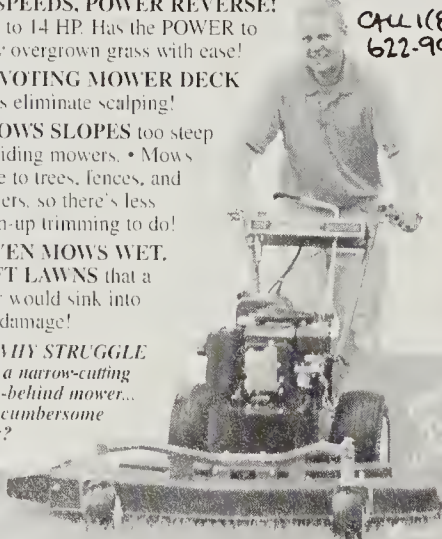


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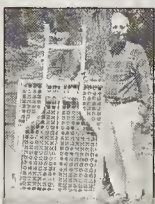
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Restoring a grand old bird to North Carolina wildlands

Text and photos by Renee Gannon

southern
style



On a February afternoon about 50 people gathered in an open field bordered by woodlands off graveled Bachelor Creek Road just south of Asheboro to watch some wild turkeys take off. Eighteen cardboard boxes stood in the shade of two state Wildlife Resources trucks. Gobbles of frustration and bewilderment emanated from the boxes. Inside the boxes were six restless gobblers and 12 restless hens, captured the day before in the state's northern piedmont and mountain regions.

The N.C. Wildlife Resources Commission conducts about 25 releases, 15 to 20 birds per release, every year between January and March. The timing is critical – the months are after deer hunting season and just before April's turkey breeding season. The seasonally cool weather helps keep the birds from overheating in the boxes. And each bird has an identification band on a leg.



Shown here (kneeling, from left) are National Wild Turkey Federation board vice president Michael Tull, and federation CEO Rob Keck. Standing are (from left) Randolph EMC general manager Allen Holt and board president Del Cranford.

The National Wild Turkey Federation (NWTF) is a major sponsor of the releases. Without its support, and the support of corporate sponsors such as Randolph Electric Membership Corporation, state and federal agencies would be behind the eight ball in funding the turkey restoration project. Called Target 2000, the project aims to restore wild turkeys in all suitable habitats across the country by the year 2000.

Randolph EMC staking specialists Alton Nance and Joe



Co-sponsors of the wild turkey release in February included Randolph EMC. The co-op general manager Allen Holt and board president Del Cranford assist in releasing a bird.

Gollus, along with other co-op employees, offered the land they lease for deer hunting for the turkey release.

"The success of the project has been helped by the change in attitude," says Michael Seamster, wild turkey project leader for the N.C. Wildlife Resources Commission. "In the 1970s, public indifference and poaching hurt the wild turkey population. We first stocked only public lands, but then the private landowners recognized what we were trying to accomplish and joined the effort. And they became fierce protectors of the birds on their land."

Back from the brink

After Ben Franklin's ill-fated attempt to have the native wild turkey named the national symbol of the newly formed United States of America, the bird began a slow population decline. Overhunted and pushed out of habitats by a growing human population, the wild turkey population declined from millions to only 30,000 by the turn of the century.

With the help of wildlife officials and yes, hunters, the wild turkey began a comeback in the 1950s through the trap-and-relocate program. Crude trapping methods prevented large numbers of birds being relocated to other habitats. Populations grew slowly. But with improved trapping methods, the effort has gained momentum in recent years. The latest figures show about 4.8 million wild turkeys roaming the woodlands and fields in all states but Alaska.

In North Carolina, approximately 100,000 eastern wild turkeys are located from the mountains to the coast, up from just 2,000 in 1970. According to Seamster, between 1970 and 1980, only 354 birds were relocated. In the 1990s, about 3,700 birds have been relocated so far. By the end of April, all 100 counties in the state will have the birds.

For more information, see the Wildlife Resources Commission Web page on wild turkeys at www.state.nc.us/Wildlife/Management/turkey

GROWING "LOBSTER" ONE BITE AT A TIME



"It's the only thing I've ever raised off of the land that I really truly enjoy eating," says Sterling Davenport of the crawfish he raises on 13 acres near Plymouth.

Figuring out how to open the hard and shiny red shell of a crawfish can be a little puzzling. Sterling Davenport, a crawfish grower in northeastern North Carolina, demonstrated the technique for me at the 1997 July 4th Celebration in Little Washington, where the North Carolina Crawfish Growers' Association had a booth selling Cajun-spiced crawfish, sweet corn and potatoes.

After bouncing a steaming crawfish, fresh from the cookpot, from hand to hand for a moment, he grabbed it around the middle, and with a twist separated the tail section from the head and body. Squeezing the tail from the bottom end, he pulled the exposed bit of tailmeat from the top. Unsheathed, cooked and spiced just right, the inch-long section lives up to what crawfish growers describe as "one bite of lobster."

MILLPOND CRAWFISH FARM

The day before the Washington crawfish boil, I visited Sterling at his farm outside of Plymouth. Millpond Crawfish Farm sits nestled, like just about everything else in eastern North Carolina, between stands of pine and fields of tobacco, corn and soybeans. He built his first 5-acre pond nearly 11 years ago, making his the longest continually operating commercial crawfish farm in the state. Three years ago he added another two ponds, for a total of 13 acres. Sterling tends the ponds around a full-time job at Weyerhaeuser.

Dressed in rubber waders and a straw hat, Sterling "walks the pond" harvesting crawfish traps. The pyramid-shaped traps, made of black rubber-coated wire, are spaced about 10 feet apart in a ring around the edge of the pond. With a bang of his fist, Sterling hustles out the last clinging crawfish into his harvest rig: two wash basins set in the bottom of a jon boat, pulled by a rope. He replaces the crawfish with pieces of soybean cake, which will lure crawfish into the trap for harvest the following day. Similar to crabs, crawfish are caught in baited traps; the farmer puts pieces of fish or manufactured bait into traps one day, then returns the next to empty them. Also like crabs, crawfish farming has a harvest season, typically about 10 weeks in the spring and early summer.

Text and photos by Rebecca Dunning

GROWING NORTH CAROLINA CRAWFISH

June and July mark the end of the crawfish season, when farmers drain their ponds and prepare for the next year. As the water level falls, crawfish retreat from the heat of the summer sun into the cool mud levees that form the walls of the pond. Once the pond bottom is dry, farmers plant a forage crop of rice, sorghum, or sorghum-sudan grass, which eventually serves as food for the crawfish. Crawfish remain snug in their mud homes until early fall, when farmers add water back to the ponds. The crawfish then leave the burrows and begin feeding. They'll grow to harvest size—4 inches in length or about 15 to the pound—in two to three months.

Sterling sells much of his crawfish for \$2 to \$2.50 per pound to restaurants on the Outer Banks. Over the years he has also built up a clientele of local buyers, people who come to the farm to buy 30 or 40 pounds for cookouts. The Seafood Market at the Raleigh State Farmers Market has also carried Millpond crawfish, and the Growers' Association holds an annual sale in Raleigh each May.

While Sterling is able to sell all his crawfish, he says that the first few years after he began production were tough. Crawfish had never really been sold in the area, and retail outlets and restaurants were skeptical. He has two pieces of advice for new growers: make sure that you are strategically located, near a populated area like a city or military base, and don't plan on relying on crawfish for your entire income. Although Sterling says that there's "money to be made," cash flow is confined to a few months a year, and both production and sales vary.

North Carolina has a tiny industry compared to the state that we typically think of when we hear crawfish—Louisiana. North Carolina has a handful of growers producing less than 100,000 pounds of crawfish a year, while Louisiana produces about 45 million pounds of crawfish annually.

Despite the small size of the industry, North Carolina has an active growers organization which has held an annual fundraising boil in Raleigh the last 11 years. Each May, Steve Gabel, an Aquaculture Extension Agent with the N.C. Cooperative Extension Service, Sterling and his wife and daughter and grand kids, and a couple of other producers and die-hard crawfish fans (including myself, in the last few years), pack up more than a thousand pounds of crawfish for sale at the Raleigh Farmer's Market. While the sale usually advertises a starting time of 10 a.m., a line invariably forms by 8; eager crawfish fans—ice chests at-the-ready—come out early for bags of live crawfish or trays of spicy boiled crawfish. The association usually sells-out by lunchtime.

PREPARING CRAWFISH

The designated cooking expert at any function is Aquaculture Extension Agent Steve Gabel. While Steve says that off-the-counter crab or shrimp boil added to cooking water will



SPICY BOILED CRAWFISH

12 pounds fresh North Carolina crawfish
1 pound crab or shrimp boil seasoning

Use a pot large enough to hold one gallon of water for each 6 pounds of crawfish. Add seasonings to the water and bring to a rolling boil. Carefully add the crawfish. Bring the water back to a boil and make sure that all crawfish are submerged. Boil for 10 minutes. Turn off the heat and let the crawfish soak for another 10 minutes before removing. This enhances the flavor. Potatoes and sweet corn can also be cooked in the water.

work fine for crawfish, he prefers to add his spices after cooking. "You use 1/4 the amount of spices and get twice the effect," he says. Steve mixes a pound of spice mix with a pound of salt, then stirs it up with freshly cooked crawfish in a big tub or ice chest.

Boiled and spiced is probably the most popular way that crawfish are eaten, but the meat can be used in many dishes. "Anything that you can do with shrimp or lobster, you can do with crawfish," says Steve. "And even a few things that you can't," he adds. Steve's folder of crawfish recipes includes crawfish pizza as well as more traditional fare like crawfish etoufee and crawfish fettucine.

For more information on crawfish farming or sources of fresh North Carolina farm-raised crawfish, contact:

Steve Gabel, North Carolina Cooperative Extension Service
PO Box 1030, Edenton, NC, (252) 482-8431

Rebecca Dunning, North Carolina Department of Agriculture
and Consumer Services, 207 Research Station Road
Plymouth, NC, (252) 793-4118 ext. 145

Rebecca Dunning is an agricultural economist with the Aquaculture and Natural Resources Division of the N.C. Dept. of Agriculture. She is based at Tidewater Research Station in Plymouth.
www.agr.state.nc.us/aquacult/



freedom
to venture

Delivering Sylvia's Bicycle

By Jack Crawford

Last year, our daughter in Asheville bought an old-fashioned bike for her mother. It was one of those bikes with a coaster brake, soft seat and three gears. She insisted that we drive from our home in Eustis, Florida, to Asheville to get it.

Well, it got me to thinking about when we lived in Black Mountain, N.C., and I had often reflected on riding a two-wheeler down the twisting mountain roads. Maybe a motor scooter or a bicycle with a front-wheel motor, I thought. So my dreams began to focus.

**"Some people
marveled at this
gray-head, waving
and bobbing,
gasping, pedaling.
Others envied
my freedom
to venture."**

"I am retired," I thought. "I have some time. I can mount my little motor on the bike and ride triumphantly over the hills and down to Florida."

I was disappointed when I found the motor's roller rotted, and no spare parts available. Nevertheless, I made up my mind to do it.

People warned me: "There are road dangers, crazy people . . . You think you can ride a bike alone, without a back-up car, cell-phone, etc., for 600 miles? . . . Daddy, is your head-injury acting up? . . . Dad, you're 66

years old. And we've never thought of you as a jock!" I am not a jock. They all shook their heads and eyed me strangely.

Well, first I tested the bike, riding it from North Asheville to Black Mountain in just over two hours. That was encouraging. A former student of mine from Montreat College helped me get the bike in shape.

My wife, Sylvia, at first wanted to take me as far as Charleston. But she later agreed that if the day were fair, I'd start down the twisting Rte. 9. If it rained, she would take me to the Blue Ridge Parkway in Asheville.

The day came — Oct. 7 — and it was gray, foggy, drizzling. Loaded with plastic bags of clothes, books, snacks, tire tubes, calendars and tools, I started pedaling that little machine toward the French Broad River. The whole day on NC 191, then US 25 to South Carolina, was wet! I kept thinking of Elvis's "Old Kentucky Rain," humming it as I puffed on, wetter by the minute. My jacket kept out no water. My plastic garbage-bag raincoat tore and was jettisoned. Arriving in Greenville, I looked like something dragged from a swamp.

But I had made it that far. My grandson asked if I hurt. "Son, from my navel down, everything hurts. Above there, only some things hurt." My daughter wanted me to take medicines and recuperate. But the next morning, I pushed on down Rte. 25, sore but stubborn.

Each of the 10 days afterward differed. Weather moved from rain to clear, warm, then hot. I began the day with stiff legs, and then they would grow used to the rhythm of pedaling. After about 30 miles, they would protest. ("What? Keep going up and

down on the pedals? Forget it!") From there on, it was a fight with aching muscles and more miles.

My three little gears weren't great on hills. I walked up about 80 hills in all, large and small.

My social status changed. I was no longer "Professor" or "Doctor" or "Reverend." I was just a fellow on a lady's bike — a bag-man — pedaling wearily down the road. I was dependent on others for information and directions to modest motels. I faced some hostility — one nasty remark from a passing pickup — but also a few shouts of encouragement. Some people marveled at this gray-head, waving and bobbing, gasping, pedaling. Others envied my freedom to venture.

There were adventures. Many people were friendly and helpful, especially when I had flat tires. I met a man whose son, long dead in an auto accident, had been my student at Montreat. A young African-American cheerfully fixed a flat and refused to be paid. His employer also refused. In a place where there were no motels, a lady put the bike and me in her pickup and took us west to the only regional motel. Its Indian proprietor, moved by my humble transportation, treated me to a meal at a nearby truck stop. I met seven London policemen who were biking from New York to Orlando to help fund a "mercy holiday" for seriously ill British children. Friends in several places shared their homes and their friendship. It all made a long trip gentle and heart-warming.

I reached Florida after encountering some danger on a narrow, crowded county road. The final day, Oct. 17, just eight miles from home, I rendezvoused with a photojournalist who planned to write a story. Upon leaving, he remarked, "Your back tire seems low."

I summoned Sylvia to rescue me. So I made no triumphant arrival, only a short drive home, mumbling about soreness, sunburn and flat tires.

The trip was a challenge, and I am satisfied to have met it. In all I bicycled some 570 miles. I cherish some extraordinary contacts and many kindnesses.

Since then I have noticed that there are some other routes from Black Mountain down to Florida. Maybe someday?

Anyway, take care of the cyclists you see. They are nice people.

Rev. John R. Crawford is professor emeritus at Montreat College.



Jack Crawford on the day before he completed his 570-mile bicycle journey from Black Mountain, N.C. to Eustis, Fla., just north of Orlando.

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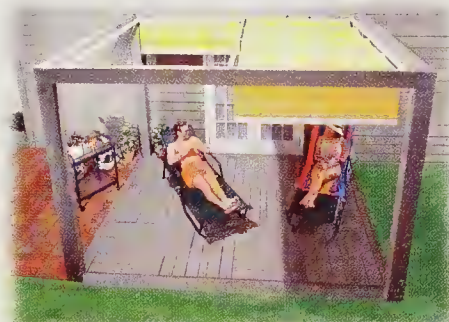
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Compiled by Renee Gannon

Stokes County writers and artists publish "No Straight Roads" again

The Stokes County Writers' Group, in collaboration with the Stokes County Arts Council and the Danbury Public Library, released a second edition of "No Straight Roads." This booklet features artwork, short stories, poetry and nonfiction by people who live and work in Stokes County and surrounding areas.

To receive the booklet by mail, send \$5 plus \$1 shipping and handling to Stokes County Arts Council, PO Box 66, Danbury, NC 27016. For more information, call (336) 593-8159.



This 1930s garage is the Visitors Center for the museum complex.

Yancey County opens Appalachian heritage museum

After years of preparation, the Yancey County History Association will open the doors of a new regional museum of Appalachian Mountain heritage. The Rush Wray Museum of Yancey County History is located in the historic McElroy House in Burnsville. The house was used by Brigadier General J.W. McElroy as the Home Guard headquarters for western North Carolina during the Civil War.

On April 10, the museum presents a "living history" on the anniversary of the 1864 Battle of Burnsville. The museum's official grand opening celebration is on May 15. Opening exhibits will include the settlement of Yancey County and Burnsville, the Pisgah Village Cane River archeological site, the Civil War and the Home Guard, and the history of the McElroy home and the families that lived there.

Gardening Tips

Cooperative Extension offers a new newsletter

"Successful Gardener," a monthly newsletter designed to help gardeners in the Piedmont region increase their knowledge of gardening, protect the environment and manage their landscape investment, is now available to the public at garden centers and nurseries throughout the Piedmont region.

The four-color, magazine quality newsletter is written by Extension horticultural agents. The newsletter is published monthly, except for January and July.

"The publication will feature plants that grow well in this region, an important consideration because of our growing population of people from other parts of the country," says Stephen Greer, Extension horticulture agent in Gaston County.

The newsletter will also feature one of the Raulston Selection plants each month. The Raulston Selections program is a joint effort of the J.C. Raulston Arboretum at N.C. State University and the N.C. Association of Nurserymen. Raulston Selection plants are proven winners for Carolina gardeners, having had to prove themselves in trials at the arboretum. The newsletter will also feature public gardens, monthly gardening tips and information on sound horticultural practices, including the use of water, fertilizer and pesticides.

The publication is free and available at local garden centers, nurseries, landscape contractors and lawn maintenance companies. For more information, contact your local Extension office horticulture agent.



Garden advice on the Web

Gardeners looking for something different to plant can find hundreds of suitable plants described on a new Web site offered by N.C. State University, reports the alumni magazine NC State.

The site, www.ces.ncsu.edu/depts/hort/consumer/pages.html, created by horticulturists at the university, offers photos and information on plants that grow well in the Southeast and Mid-Atlantic. "Online booklets" help users easily find plants. For example, "Urban Tree Identification" has more than 80 trees indexed, while "Perennials" has information on more than 160 species of flowers.

The site also includes information on ornamental grasses, vegetables and herb gardening. Future additions to the site include sections on wildflowers in the state and summer flowering bulbs.

Running the steeplechase for charity

On April 24, the fourth annual Charlotte Steeplechase saddles up to benefit the Hospice of Union County. The non-profit outdoor event features spectator contests as well as five thoroughbred horse races. The highlight of the day is the run for the Bank of America Queen's Cup. Gates open at 10 a.m. south of Charlotte and Monroe off Gus Eubanks Road in Union County. Ticket prices range from \$25 to \$295. For more information, call (704) 423-3400 or visit the Web site www.queenscup.com.





Town Creek Indian Mound completes visitor center renovations

Town Creek Indian Mound State Historic Site in Mt. Gilead will hold an open house April 25 to celebrate the completion of renovations to the visitor center. The site will be open at 1 p.m., with the ribbon cutting and reception at 2 p.m. The visitor center now holds a new exhibit in the burial house. Activities are also included in the Learning Center throughout the weekend.

Town Creek Indian Mound focuses on the lifestyles of the Eastern Woodland's native people. Demonstrations and hands-on activities at the site include hide tanning, cordage making, pottery, cooking, flint knapping, fire making and other crafts. Call (910) 439-6802.

Historic Murfreesboro opens for group tours

The Murfreesboro Historical Association invites groups of 15 or more to take a guided tour of the town every Tuesday and Thursday in April and May. The tour begins at the Brady C. Jefcoat Museum, which features the largest U.S. collections of washing machine equipment, butter churns, irons and other items.

Visitors will also see a hearth cooking demonstration and food tasting at the Wheeler House, built in the early 1800s; tour the historic district's Blacksmith Shop; and tour the William Rea Museum (ca. 1790), the Winborne & Winborne Country Store (ca. 1870) and the Murfree-Smith Law Office (ca. 1800). Lunch will be served at the Hertford Academy for the Arts (ca. 1800).

Cost is \$20 per person. For more information, call (252) 398-5922.



Seagrove potteries stage kiln openings

Fresh pots still warm from the firing have a sheen of freshness that makes every kiln opening a festive event. Fifty potteries in the Seagrove area will take part in the 6th Annual Spring Kiln Opening April 17-18. Available will be tradition-

For the kids

Robotic insects invade N.C. Zoo

An exhibit of giant, robotic insects lands at the North Carolina Zoological Park April 1 through Sept. 30. The "Big Bugs!" exhibit is a \$1 million touring display featuring 6- to 12-foot state-of-the-art robotic insects in equally oversized settings, 10 interactive educational modules and an exotic collection of more than 500 insect specimens from around the world scientifically displayed, classified and labeled.

The exhibit is designed to entertain and educate children and adults about the importance of insects in the world and the role they play in nature. The zoo is six miles southeast of Asheboro on N.C. Route 159 and open daily 9 a.m. to 5 p.m.

Admission is \$8 for adults and \$5 for children 2-12 years and senior citizens 62 and over. For more information call (800) 488-0444.



A mighty big grasshopper

Fiddler Festival celebrates 75 years

The Ole Time Fiddler & Bluegrass Festival celebrates its 75th year of preserving traditional American music on Memorial Weekend, May 28-30, at Fiddler's Grove Campground in Union Grove, N.C.

The Cockman Family, a North Carolina bluegrass band, starts the event's entertainment on Friday evening. Special guest artists appearing during the weekend include David Holt, Timmy Abell, Laura Boosinger, Cane Creek Cloggers, and Master Fiddlers J.P. Fraley, Robin Warren and Mack Snoderly. Also performing during the weekend will be The Kruger Brothers, a bluegrass band from Switzerland.

Also on Saturday will be the final competition for old time and bluegrass bands, certified old time fiddle category and the play-off for "Fiddler of the Festival" between the champions of the five fiddle competition categories. Programs conclude Sunday.

Contact Harper A. Van Hoy, P.O. Box 11, Union Grove, NC 28689, or call (704) 539-4417. E-mail: Fiddlersgrove@juno.com.





Mountains (west of I-77)

Trout Derby
April 3-4, Blowing Rock
All public fishing waters,
(828) 295-7851

An Evening of Trios Concert
April 6, Boone
Appalachian State University,
Broyhill Music Center, free,
(828) 262-3020

**Sesquicentennial
Mountain Doin's**
April 7, Boone
Children's program, Watauga
County Public Library,
4-5 p.m., (800) 852-9506

"Hello Dolly"
April 8-11, 15-18, Hayesville
Musical, Peacock Playhouse,
(828) 389-8632

**Blue Ridge Gospel
Music Tour**
April 9, Sparta
Alleghany County
Fairgrounds, \$5, 7 p.m.,
(336) 363-2312

"Step on a Crack"
April 9-11, Boone
Youth-oriented play,
Appalachian State University,
Greer Arena Theatre,
(800) 852-9506

**Battle of Burnsville
Anniversary**
April 10, Burnsville
The McElroy House and
history museum,
(828) 682-3671

Woodland Walk
April 14, Belmont
Daniel Stowe Botanical
Garden, 9:30 a.m., \$10,
(704) 825-4490

"Dearly Departed"
April 15-18, Lincolnton
Play, Lincoln Cultural Center,
(704) 735-2281

Fashion Show
April 16, West Jefferson
Ashe Civic Center, 7 p.m.,
(336) 246-4483

Cove Creek Chivaree
April 17, Sugar Grove
Old Cove Creek School, 6-9
p.m., (828) 297-2200

**Bluegrass Contest
& Fiddlers Convention**
April 17, Yadkinville
Yadkinville Elementary
School, 7 p.m., \$7 adults,
Free under 10,
(336) 679-7041

**Sustainable Tourism
Conference**
April 17-18, Blowing Rock
Blowing Rock Assembly
Grounds, (828) 264-3061

**Ashe Central High School
Band Concert**
April 18, West Jefferson
Ashe Civic Center, 3 p.m., \$5,
(336) 246-4483

**Sesquicentennial
Tea & Tales**
April 18, Boone
2 p.m., (828) 265-8003

**Ralph Stanley & the Clinch
Mountain Boys Concert**
April 23, West Jefferson
Ashe Civic Center, 7:30 p.m.,
\$10, (336) 246-4483

Sports Car Hill Climb
April 23-25, Beech Mountain
Ski Beech Resort,
(800) 468-5506

Spring Plant & Craft Sale
April 24, Belmont
Daniel Stowe Botanical
Garden, (704) 825-4490

Run in the Valley
April 24, Boone
5K foot race, (828) 963-7848

Blue Ridge Music Theater
April 24, West Jefferson
Ashe Civic Center, 1 p.m.,
free, (336) 246-4483

**Appalachian Spring
Celebration**
April 24-May 24,
Pisgah Forest, Cradle of
Forestry, (828) 877-3130

**Warrensville Community
Choir Concert**
April 25, West Jefferson
Ashe Civic Center, 2 p.m.,
free, (336) 246-4483

Garden Gambol
April 28, Belmont
Daniel Stowe Botanical
Garden, 9:30 a.m., \$10,
(704) 825-4490

Merlefest '99
April 29-May 2,
North Wilkesboro
Wilkes Community College,
(336) 838-6267

Moonlight Meander
April 30, Belmont
Daniel Stowe Botanical
Garden, 8:15 p.m., \$10,
(704) 825-4490

Crafts Exhibit
Through May 9, Asheville
Community college students'
work, Folk Art Center,
(704) 298-7928

**Penland School of Arts
& Crafts Exhibit**
Through May 9, Asheville
Folk Art Center,
(704) 298-7928

Crafts Exhibit
Through May 5, Asheville
Marbeling and jewelry, Folk
Art Center, (704) 298-7928

Piedmont (between I-77 & I-95)

Student/Faculty Art Exhibit
April 5-16, Statesville
Gilbert Memorial Gallery,
(704) 878-3310

Art Exhibit
April 5-23, Rockingham
Leath Memorial Library,
(910) 997-6008

"Cyrano de Bergerac"
April 8, Wingate
Wingate University, Austin
Auditorium, 7:30 p.m., free,
(704) 233-8038

"Romancing the Movies"
April 6, Winston-Salem
Hollywood Hills Orchestra,
Stevens Center, 8 p.m.,
(336) 721-1945

"Merry Wives of Windsor"
April 9-10, 15-18, 22-24,
Raleigh, Theatre in the Park,
(919) 831-6936

Southern Ideal Home Show
April 9-11, Charlotte
Charlotte Merchandise Mart,
(800) 849-0248

**Sandhill Trail Riders
Wagon Train**
April 9-11, Hoffman
Sandhills Game Lands,
(910) 895-3119

Furniture Art 101
April 10, Winston-Salem
Old Salem, Museum of Early
Southern Decorative Arts,
(336) 721-7360

Spring Concert
April 11, Henderson
The Northeast Piedmont
Chorale, First United Methodist
Church, (252) 257-5978

Brazilian Rain Forests
April 13, Raleigh
N.C. Museum of Natural
Sciences, 7:30 p.m.,
(919) 733-7450

House and Garden Tour
April 14, Southern Pines
10 a.m.-5 p.m., \$15,
(910) 692-6118

Southern Ideal Home Show
April 16-18, Raleigh
N.C. State Fairgrounds,
(800) 849-0248

"Yesterday Once More"
April 16-May 2, Sanford
Musical revue, Temple Theatre,
(919) 774-4512

**Magic Wings Butterfly House
Grand Opening Weekend**
April 17-18, Durham
Museum of Life and Science,
(919) 220-5429

Studebaker Car Show
April 17, Spencer
N.C. Transportation Museum,
(704) 636-2889

Share Cabarrus Festival
April 17, Concord
Street festival downtown,
((919) 733-5722

Hemlock Bluffs Field Trip
April 17, Cary
(919) 571-0388

Community Day
April 18, Winston-Salem
Reynolda House, 2-4 p.m., free,
(336) 725-5325

Heritage Days
April 20-21, Stanfield
Reed Gold Mine,
(704) 721-4653

Band Concert
April 20, Wingate
Wingate University, Austin
Auditorium, 8 p.m.,
(704) 233-8038

Choral Concert
April 22, Wingate
Wingate University, Austin
Auditorium, 8 p.m.,
(704) 233-8038

**Women of Today and
Tomorrow Celebration**
April 22, Raleigh
The Woman's Club, 6 p.m.,
\$40, (800) 284-4475

Southern Women's Show
April 22-25, Raleigh
Raleigh Convention &
Conference Center,
(800) 849-0248

**Gemstone, Jewelry
& Mineral Show**
April 23-25, Charlotte
Metrolina Expo Fairgrounds,
(704) 841-1886

Benefit Pottery Auction
April 24, Raleigh
For N.C. Pottery Center,
Holshouser Building, State
Fairgrounds, 12 p.m.,
(336) 873-8430

British Car Show
April 24, Winston-Salem
Reynolda House, 9 a.m.-4 p.m.,
(336) 725-5325

Militia Encampment
April 24-25, Statesville
Fort Dobbs State Historic Site,
free, (704) 873-5866

Keith Byrd Trio Concert
April 30, Winston-Salem
Reynolda House, 10 p.m.,
(336) 725-5325

Antique Truck Show
May 1, Greensboro
Volvo Headquarters,
(336) 657-8083

Heirloom Plant Sale
May 1, Winston-Salem
Old Salem, Triebel House Site,
(888) 653-7253

Coastal Plain (east of I-95)

**Coasters, Drifters
& Platters Concert**
April 2, Elizabeth City
College of the Albemarle
Auditorium, 6 & 8:15 p.m.,
(800) 335-9050

Handel's "Messiah"
(Easter Portion)
April 3, Terra Ceia
Terra Ceia Christian
Reformed Church, 8 p.m.,
(252) 943-2957

Invitation to Dance
April 7, 14, 21, 28, New Bern
18th century dance workshop,
Tryon Palace, 7:30 p.m., free,
(252) 514-4900

Azalea Festival
April 8-11, Wilmington
(910) 763-0905

Historic Homes Tour
April 9-10, New Bern
\$13.50 in advance,
(252) 638-8558

Gardeners' Weekend
April 9-11, New Bern
Tryon Palace, (252) 514-4900

Heritage Plant Sale
April 9-10, New Bern
Tryon Palace, (252) 514-4900

Cherry Point Air Show
April 10-11, Havelock
Marine Corps Air Station Cherry
Point, free, (252) 466-5715

Pilgrimage Tour of Homes
April 16-17, Edenton
Pilgrimage headquarters in
Barker House, \$20,
(800) 775-0111

Battle of Plymouth Weekend
April 16-18, Plymouth
On Roanoke River front,
(252) 793-1377

**Celebrate Colonial
Kids Festival**
April 17-18, New Bern
Tryon Palace, (252) 514-4900

Children's Colonial Music
April 17, New Bern
Tryon Palace, 6:30 p.m.,
\$4 for adults, \$2 for children,
(252) 514-4900

Pamlico Musical Society
April 17, Bayboro
Pamlico County High School
Auditorium, free,
(252) 249-3131

Air Force Band Concert
April 19, Bayboro
Pamlico County High School
Auditorium, 7:30 p.m., free,
(252) 249-3131

Medieval Festival
April 24, Wilmington
Poplar Grove Plantation,
(910) 686-9518

"Something's Afoot"
April 30, May 1, 7-8,
Elizabeth City, College of the
Albemarle Auditorium,
7:30 p.m., (800) 335-9050

Colonial Day & Picnic
May 1, Curie
Moores Creek National
Battlefield, (910) 283-5591

Micajah Autry Day Festival
May 1, Autryville
(910) 525-5305

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How the Internet changes reading and writing

The Internet has been called the greatest boon to literacy since Johannes Gutenberg invented the printing press in the fifteenth century. Some cybernauts even predict that it will do away with conventional printing. Just as paper replaced papyrus, clay and lambskin as a publishing medium, they believe the computer screen is destined to replace paper.

This may happen someday, but the portable electronic book devices on the market are currently too expensive, proprietary and clunky for anybody except intrepid early adapters and the sight-impaired. It's clear, though, that the Internet has already led to other significant changes in the way books are bought, read, written and promoted.

If you buy books but have never shopped at Amazon.com (www.amazon.com), you owe yourself the experience. This

online-only book, music and video vendor was an e-commerce trailblazer, and it's still one of the best shopping sites on the Web.

Although you can't pick up a book on the shelves and browse through it while sipping cappuccino as you can at your local Barnes & Noble, you can search for books by title, author and subject, read reviews by professional book reviewers and fellow readers, and—after inputting your credit card

At other Web sites you can do better than buy just discounted books—you can read or download books for free.

"Information wants to be free" is an Internet adage more popular with readers than writers, but it does describe the reality of the Web today, including Web sites that offer the full text of out-of-copyright classics.

Project Gutenberg (www.promo.net/pg) was the first major effort to offer up some of history's greatest books, and it currently includes more than a thousand titles, from the complete works of Shakespeare to Alice in Wonderland. Though on-screen reading can be tough on the eyes, one benefit is being able to use your Web browser's find tool to quickly locate a specific word or passage.

The On-Line Books Page (www.cs.cmu.edu/books.html) includes links to even more full-text titles, more than 8,000 in all, and is a terrific place to begin a search. The site also features a section where you can link to books that had once been banned, such as Ulysses and Fanny Hill, and another section devoted to women authors.

Reading a book is an inherently solitary activity, but you can find plenty of places on the Internet to discuss what you've read with others. There are more than 50 Usenet discussion groups under alt.books, for instance, some about general subjects such as Beat generation authors, most about individual authors such as Stephen King and Jean M. Auel.

The Internet is also changing the way book authors go about their business, from researching and submitting to selling and promoting. Many authors have created their own Web sites as adjuncts to their books and to better get in touch with readers. At Noah Hawley's Web site (www.26keys.com), you can learn more about his book "Conspiracy of Tall Men," a novel published by Harmony Books about a professor of conspiracy theories whose wife is killed in a plane crash. Hawley, a first-time novelist, receives e-mail messages through his site.

"You get a better sense of who your readers are," he says. Sandra Penrose, author of "Agatha's Journey: 1828 - 1998," created a Web site (www.customsensorsolutions.com/books.htm) to sell her self-published book about a dead woman who Penrose believes is haunting her house. She has sold 250 copies of her book so far and hopes to attract a major publisher.

Both Hawley's and Penrose's Web sites include excerpts of their work. Other sites offer complete manuscripts, usually from budding authors, but not always. Barry Beckham is attempting to serialize his nonfiction work-in-progress, "You Have a Friend: The Rise

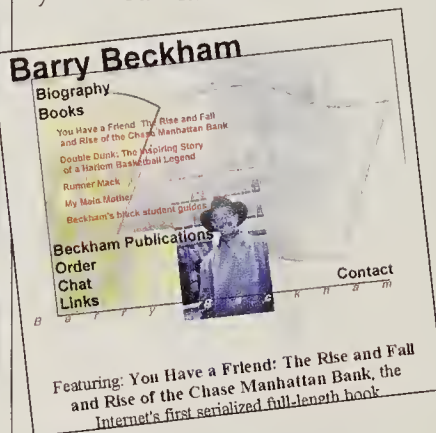
and Fall and Rise of the Chase Manhattan Bank," at his Web site (www.beckhamhouse.com).

Some authors have managed to completely resist the siren song of technology. John Edgar Wideman, the only person to win the PEN/Faulkner Award twice, in 1984 for "Sent for You Yesterday" and in 1990 for "Philadelphia Fire," writes his books in longhand.

Reid Goldsborough is a syndicated columnist and author of the book "Straight Talk About the Information Superhighway." He can be reached at reidgold@netaxs.com or <http://members.home.net/reidgold>.

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"Remember, William, it's 'One if by land and two if by sea.' Or was it the other way around?"

Gilligan

THE BALLAD OF WILLIAM DAWES

Listen, my children, it will give you pause,
To hear the story of William Dawes.
His name, I'll wager, rings no bell
with most of you, and truth to tell,
rang none with me 'til by blind chance,
a book enlightened my ignorance.

In April of 1775,
two men took horse through the countryside,
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"The British are coming, they're almost here!"

One rider's name had euphony.
It lives today in history.
The other man, as much deserving,
like the headless horseman of Washington Irving,
has no face nor place in your history book.

A melodious name was all it took
to enshrine the name of Paul Revere.
The other rider? You read it here -
His name (you're right) was William Dawes.
He rode, unsung, in his country's cause

Listen, my children, the moral is clear:
If you would gain fame, like Paul Revere,
Choose your patronym with care,
or it won't get you anywhere.

Charles Joyner

A Numeric Mnemonic

On April 4, the fourth day of the fourth month of 1776 (444x4), the fourth Provincial Congress of North Carolina met at Halifax with 148 delegates present from 34 counties.

Four days later, on April 8, a special committee was appointed "to take into consideration the usurpations and violences attempted and committed by the King and Parliament of Britain against America, and the further measures to be taken for frustrating the same..."

Four days later, on April 12, the committee submitted a report, which was adopted unanimously by the Congress, recommending the following resolve:

"Resolved, That the delegates for this Colony in the Continental Congress be empowered to concur with the delegates of the other Colonies in declaring Independency..."

This was the first authoritative, explicit declaration, by more than a month, by any colony in favor of full, final separation from Britain. The state flag of North Carolina commemorates this date.

Just 1/4 of a year to the day after the N.C. Provincial Congress convened at Halifax on the fourth of July 1776, our forefathers brought forth a new nation...

(With what I hope is pardonable pride, I note that one of my 16 great, great, great grandfathers (that's 4x4), Benjamin May, was a Pitt County delegate to the Halifax Resolves in 1776. He would be 4 grandfathers back.

Math Words

PIE

+ PIE

+ PIE

+ PIE

EVEN

Students learn the value of pi in junior high or earlier, but in this puzzle, we are asking for the value of PIE.

Each letter stands for a digit.
V + V = E

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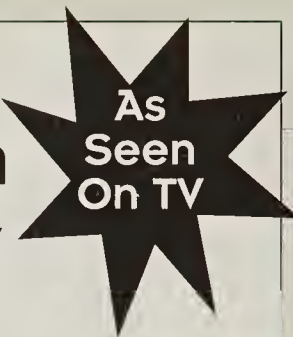
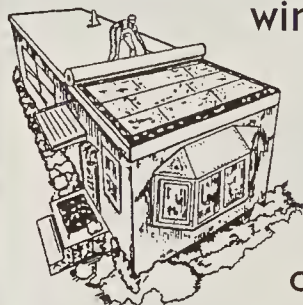
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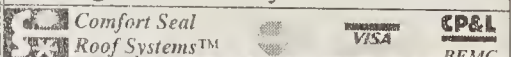
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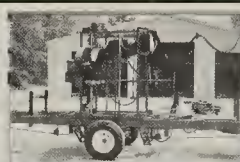
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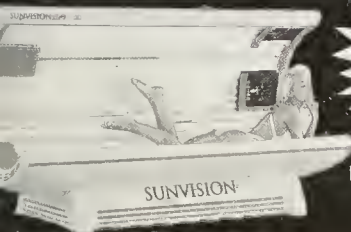
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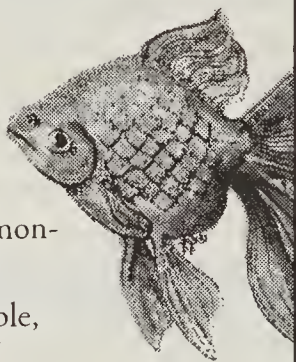
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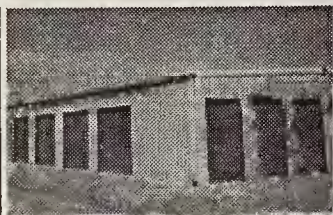


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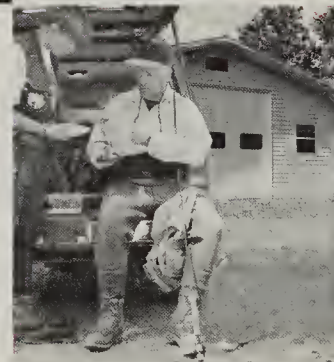
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can only be 2. Therefore V = 1 and N = 8.
36). Given V + V = E, then E is even and
9, then E cannot be greater than 3 (4 x 9 =
Solution: Since P cannot be greater than
PIE = 532 EVEN = 2128

Math Words

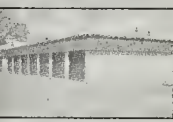
complaints to the editor. April fool!
remainder to spell ONE WORD. Send your
and C, it is a simple matter to rearrange the
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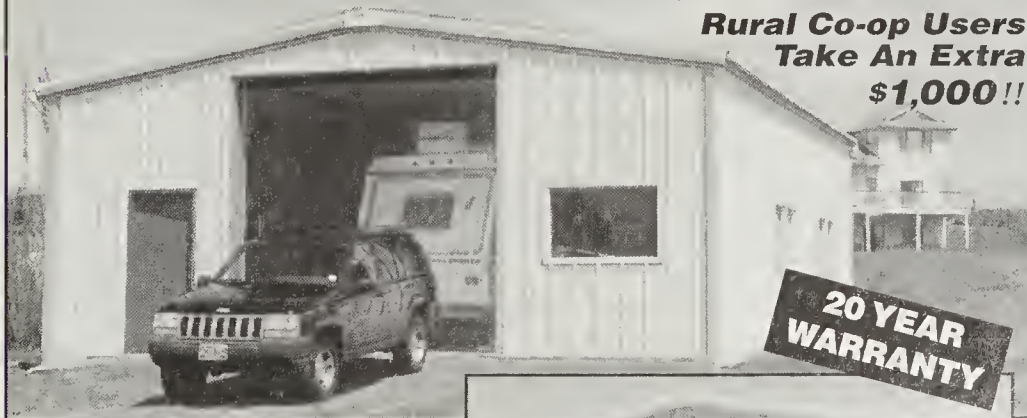
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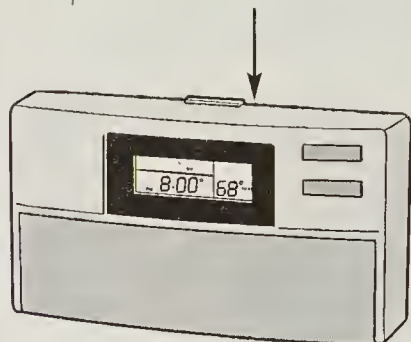
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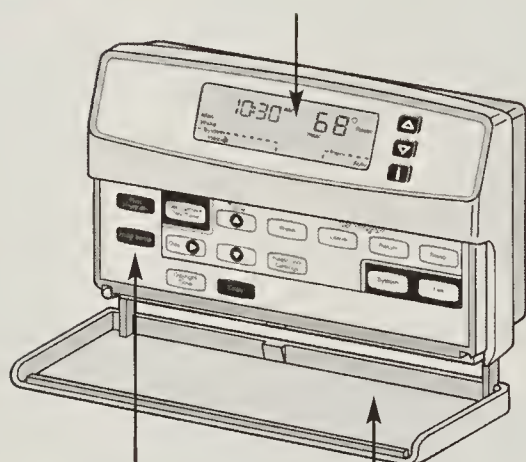
by James Dulley

Smart thermostats can improve indoor comfort and control energy use

Low-cost programmable thermostat comes with a preset basic schedule for quick installation

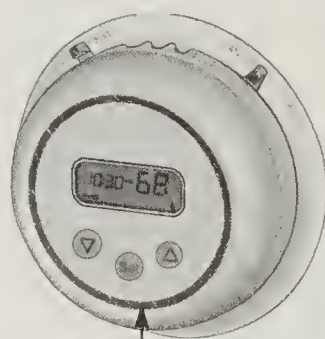


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Instructions in cover



Replacement round electronic thermostat can be programmed

Programmable thermostats for comfort and big savings

It is a common myth that more energy is used to reheat your house after a setback than to just leave the temperature at one setting 24 hours a day. To the contrary, installing a smart programmable setback thermostat (or "setup thermostat" in the summer) can easily save hundreds of dollars per year on your utility bills and reduce wear on your furnace, air conditioner or heat pump.

In addition to lower utility bills, your year-round comfort will be greatly improved. The highest-quality programmable (smart) thermostats can hold your room temperature to within one degree of the setting. Your old thermostat probably lets the temperature fluctuate by three degrees or more. The electronic controls and the temperature sensors are much more accurate.

Programmable thermostats should be installed by a certified, licensed heating and air conditioning contractor. However, some can be installed by a homeowner. Thermostats operate on a safe, low 24 volts, but it is still best to switch off the power to the heating and cooling system during installation. Most standard smart thermostats have several color-coded terminals. They are wired just like your old thermostat. A heat pump model has a few additional color-coded wires to attach.

Don't be intimidated by the name "programmable." Even if your VCR still flashes 12:00, you will have no problem setting the daily schedules. For convenient programming from your easy chair, select a thermostat with a snap-off-the-wall feature. If your kids are always changing the temperature setting when you are out, select a model with an electronic lock.

If you want to install one quickly, and read the programming instructions later, select a smart thermostat with an autoprogram button. Push it once and the thermostat programs itself to a schedule for the typical family. Later, when you have time to think about your family members' schedules and read the instructions, you can reprogram the schedules.

Although most new smart thermostats look similar, do not just buy the cheapest one on sale, especially if you have a heat pump with auxiliary heat. There are significant differences in the savings and comfort levels you will realize. For example, ones with "smart

recovery" remember previous run times so they know just when to start the furnace and how to cycle it.

Before buying a thermostat, first consider the number of time/temperature periods your family will need. I recommend a minimum of four periods per day for the greatest flexibility and savings. The periods are typically called 1) wake, 2) day, 3) evening and 4) sleep. If you do not need four now, just set two consecutive periods to the same temperature. If your family's schedule varies, select one with temporary (several hour) and vacation (long-term) override options.

Next, determine if you want to be able to program a different schedule (program cycle option) for each day of the week (called 7-day). Most models have a rapid programming "repeat" key to duplicate the schedule for several days. Less expensive 5-2 smart thermostats provide for a one weekday time/temperature schedule and one weekend schedule. A 5-1-1 thermostat has one weekday schedule and a different one for each weekend day.

One of the newest designs is a thermidistat. These control the furnace, air conditioner, blower and humidifier independently for total comfort. These are an excellent complement to a heat pump, furnace and central air-conditioner with a variable-speed blower motor. In the winter, these use an outdoor temperature sensor to automatically adjust the indoor humidity level to eliminate window condensation during very cold weather.

Special smart heat pump thermostats use sophisticated electronics to control the backup electric resistance auxiliary heat. For example, in the morning, if your house is reheating at a predetermined rate (degrees per hour), then the expensive backup heat will not kick on. With most standard thermostats, the difference between the room temperature and the set temperature determine when the backup heat comes on.

For a buyer's guide of the 11 best smart programmable thermostats, time/temperature schedules, cycle options, comfort features and a setback saving charts, write for Utility Bills Update No. 453 (or instantly download it from www.dulley.com). Please include \$3 and business-size SASE.

Contact James Dulley, Carolina Country, P.O. Box 54987, Cincinnati, OH 45254.

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The urge to plant in April is exceeded in its intensity only by the variety of plant materials available.



The dogwoods and azaleas of April.

April activities

In between April showers, make the most of the gardening activities. The success of the summer and fall garden depends upon what is accomplished within the next few weeks. It's mulching, unmulching and remulching time. Stay on alert for insects that can play havoc with tender new growth resulting from warmer weather. If you have no objections to chemical controls, reduce their number with a good insecticide. Otherwise, if plants can stand a strong spray of water, reduce insect counts with a forceful spray from the garden hose. It's time to fertilize. Flower brilliance is all about, and when you cannot be in the garden, bring a bouquet indoors to enjoy. A few drops of clothing bleach in the vase's water will help prolong their life by reducing bacterial growth.

Pruning azaleas

Very little pruning is needed other than removing injured or dead wood. However, if an azalea grows out over a walk or needs to be restricted for other reasons, it can be cut back without fear of permanent damage. Or, preferably, the plant may be moved to a more desirable location. A less aggressive azalea species, or a dwarf or semi-dwarf shrub of another genus, can replace it. An ideal time to prune is while plants are in bloom.

Check dogwoods

Well-cared-for dogwoods usually have few problems. Some minor difficulties, however, should be given attention now. Swollen galls, often found at tips of twigs, are caused by the gall midge, a tiny insect. Spray with recommended insecticide. Always check with your local Extension Service office for recommendations of any chemical controls. Twig dieback, caused by a fungus organism, is another problem that affects dogwoods. Although not particularly serious, it can cause trees to be unsightly. Trees that are kept healthy by regular feeding and watering usually resist dieback. Both midge galls and dead twigs caused by dieback should be removed from the tree before new growth begins. Cut back to healthy wood. Destroy all infested clippings.

Vegetables

Vegetable seeds such as snapbeans, sweet corn, okra and squash may be planted this month. Transplants of tomatoes and sweet peppers also may be put in the ground. A starter solution gives transplanted seedlings a good start as it reduces transplanting shock. Ready-mixed fertilizers are available. Or, make your own by dissolving an 8-8-8 fertilizer or comparable analysis fertilizer. Dissolve three level tablespoons in a gallon of water. Make mixture several hours before use to allow time to dissolve. Stir often. Apply a cupful to each plant.

Beyond the sunset

Some plants come into their full glory in the evening. Moonflower vine is a perennial usually treated as an annual. It grows rapidly and produces a dense mass of foliage. Fragrant, flaring tube-like flowers are borne in profusion from July through August. The white variety remains open until noon, then closes until evening. Other varieties remain closed during the day, opening after sundown. Moonflower may be trained against a wall on strings or wire, trained on trellis or fence. Fishing line forms a permanent support. Soak seed several days until they are twice the normal size, or notch seed on side with sharp knife. Plant in full sun or partial shade. Four-O'clocks open at 4 p.m. A large planting fills the air with fragrance. Stocks (Mathiola) are prized for their fragrance. They sometimes are shy bloomers. Seed should be sprouted indoors; plant outdoors after danger of frost. There is a vast range of colors, from white to dusky shades of antique copper. Night-blooming cereus is a tender cactus vine, grown indoors as an unusual specimen. It appreciates being taken outdoors in summer. Creamy yellow bell-shaped blooms have a delicate fragrance as they open – for one night only. These plants add enjoyment to outdoor sitting areas used in the evenings.

Garden pools

Besides species of selected tropical and hardy water lilies, consider using these plants in and around a garden pool: lotus, iris, forget-me-not, water lettuce, arrowhead, water hyacinth, cattail, water cress, marsh marigold, cardinal flower, papyrus, pickerel weed, umbrella flatsedge (Cyperus alternifolius), elephant ears and water chestnut. Banana plants give winter protection. In selecting plants, keep in mind that too few is better than too many.

Hang the 'tater

Gaining popularity is the ornamental sweet potato. It is a good choice for an easy-to-grow and fast-growing plant. To get plants off to an early start, stick toothpicks firmly into the tuber at equal distances. Lower into a clear glass jar of water, submerging one end. Within about ten days, roots will begin to develop from the submerged end of the tuber. Sprouts soon will grow from the other end. At this time, plant in a hanging basket, window box or patio container. If you need more plants, root cuttings in water. Its distinctive foliage of deep purple is very effective and in harmony as an edging plant for flower beds. A striking combination is achieved by using sweet potato as a facing-down plant of a flower garden composed of shades of pink, rose, purple and lavender. In the fall, at the end of season, dig tubers. They're edible. Save some tubers for growing next spring. Store overwinter in a shallow box of dry peat moss or builder's sand.

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Tangy Pork Chops

4 pork chops (1/2 inch thick)
1/2 teaspoon salt, optional
1/8 teaspoon pepper
2 medium onions, chopped
2 celery ribs, chopped
1 large green pepper, sliced
1 can (14 1/2 ounces) stewed tomatoes
1/2 cup ketchup
2 tablespoons cider vinegar
2 tablespoons brown sugar
2 tablespoons Worcestershire sauce
1 tablespoon lemon juice
1 beef bouillon cube
2 tablespoons cornstarch
2 tablespoons water
Hot cooked rice, optional



Place chops in a slow cooker; sprinkle with salt if desired and pepper. Add the onions, celery, green pepper and tomatoes. Combine ketchup, vinegar, sugar, Worcestershire sauce, lemon juice and bouillon; pour over vegetables. Cover and cook on low for 5 to 6 hours. Mix cornstarch and water until smooth; stir into liquid in slow cooker. Cover and cook on high for 30 minutes or until thickened. Serve over rice if desired. Serves 4.

Nutritional analysis: One serving (prepared with low-sodium bouillon and no-salt-added stewed tomatoes and ketchup; without salt and rice) equals 227 calories, 183 mg sodium, 37 mg cholesterol, 34 gm carbohydrates, 16 gm protein, 4 grams fat.

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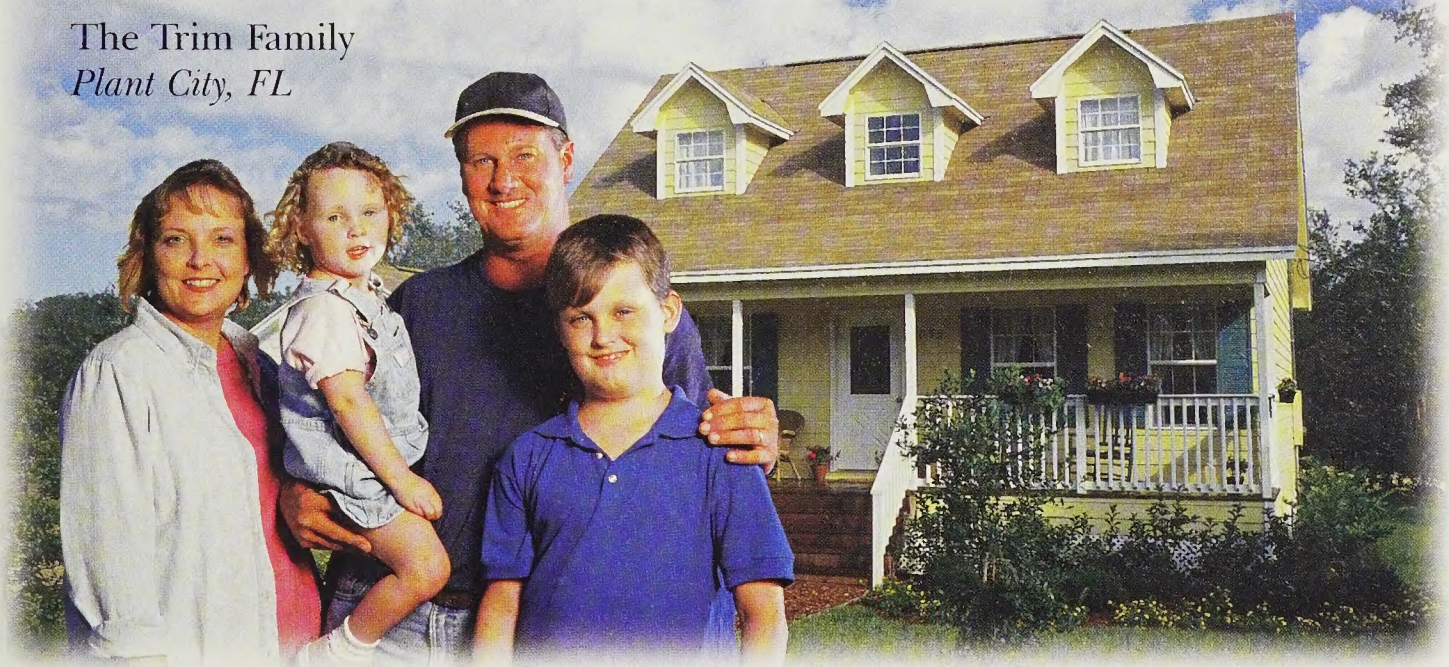
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